



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

Technau, Jens

Club: FSV Preussen Bakerboys  
Number: 138

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:07:31

Speed: 10.66 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 108 (of 193)

Rank in course/Men: 93 (of 142)

Best time in course: 42:15

Rank in category: 16(of 21)

Best time in the category: 48:32