



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Römhild, Jan-Olaf

Club: fit&fun
Number: 107

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:08:10

Speed: 10.56 km/h
Running performance: 5:27 min/km

Rank in course/Total: 116 (of 193)

Rank in course/Men: 99 (of 142)

Best time in course: 42:15

Rank in category: 17(of 21)

Best time in the category: 48:32