



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Ponick, Jan

Club: Bad Tennstedt
Number: 99

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:10:53

Speed: 10.16 km/h
Running performance: 5:40 min/km

Rank in course/Total: 144 (of 193)

Rank in course/Men: 119 (of 142)

Best time in course: 42:15

Rank in category: 20(of 21)

Best time in the category: 48:32