



3Türmelauf
Bad Langensalza / 24.04.2016

Detailed evaluation

Jaraus, Hagen

Club: ASV Erfurt
Number: 1106

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:25

Speed: 13.78 km/h
Running performance: 4:21 min/km

Rank in course/Total: 18 (of 188)

Rank in course/Men: 18 (of 138)

Best time in course: 41:37

Rank in category: 5(of 24)

Best time in the category: 47:12