



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Köhler, Jan

Club: Haller Fuchs

Number: 1124

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:20

Speed: 12.78 km/h

Running performance: 4:31 min/km

Rank in course/Total: 25 (of 188)

Rank in course/Men: 24 (of 138)

Best time in course: 41:37

Rank in category: 7(of 24)

Best time in the category: 47:12