



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Römhild, Jan-Olaf

Club: fit&fun

Number: 1170

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:09:30

Speed: 10.36 km/h

Running performance: 5:34 min/km

Rank in course/Total: 127 (of 188)

Rank in course/Men: 107 (of 138)

Best time in course: 41:37

Rank in category: 19(of 24)

Best time in the category: 47:12