



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

#### TECHNAU, Jens

Club: FSV Preußen Baker Boys

Number: 1198

Course: 5.00 km

5 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 24:45

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 43 (of 251)

Rank in course/Men: 34 (of 141)

Best time in course: 18:14

Rank in category: 5(of 13)

Best time in the category: 21:56