



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

**Pfannstiel, Jens**

Club: Thamsbrück

Number: 1933

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 57:17

Speed: 12.57 km/h

Running performance: 4:35 min/km

Rank in course/Total: 51 (of 246)

Rank in course/Men: 49 (of 190)

Best time in course: 41:16

Rank in category: 6(of 21)

Best time in the category: 53:51