



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Köhler, Jan**

Club: Haller Bausparfuchs

Number: 104

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:13

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 47 (of 211)

Rank in course/Men: 43 (of 156)

Best time in course: 41:01

Rank in category: 9(of 26)

Best time in the category: 43:54