



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: 12.58 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