



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Pfannstiel, Jens

Club: Bad Langensalza

Number: 200

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 57:40

Speed: 13.01 km/h

Running performance: 4:37 min/km

Rank in course/Total: 51 (of 211)

Rank in course/Men: 46 (of 156)

Best time in course: 41:01

Rank in category: 10(of 22)

Best time in the category: 45:21