



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Römhild, Jan-Olaf

Club: fit&fun
Number: 84

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:00:09

Speed: 11.97 km/h
Running performance: 4:49 min/km

Rank in course/Total: 69 (of 211)

Rank in course/Men: 63 (of 156)

Best time in course: 41:01

Rank in category: 11(of 26)

Best time in the category: 43:54