



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Dembeck, Nils

Club: Bad Langensalza
Number: 6

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 55:59

Speed: 12.86 km/h
Running performance: 4:29 min/km

Rank in course/Total: 22 (of 148)

Rank in course/Men: 22 (of 114)

Best time in course: 43:53

Rank in category: 1(of 11)

Best time in the category: 55:59