



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Paul, Denis

Club: Kirchheilingen
Number: 24

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:00:59

Speed: 11.81 km/h
Running performance: 4:53 min/km

Rank in course/Total: 46 (of 148)

Rank in course/Men: 43 (of 114)

Best time in course: 43:53

Rank in category: 3(of 10)

Best time in the category: 49:18