



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

## Detailed evaluation

**Deiseroth, Andreas**

Club: Salza-Gymnasium  
Number: 515

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 22:04

Speed: 13.60 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 15 (of 105)

Rank in course/Men: 15 (of 71)

Best time in course: 17:43

Rank in category: 3(of 7)

Best time in the category: 18:28