



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Penzel, Dirk

Club: Bad Langensalza
Number: 82

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:07:08

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 93 (of 156)

Rank in course/Men: 79 (of 109)

Best time in course: 42:05

Rank in category: 16(of 19)

Best time in the category: 46:23