



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Dembeck, Nils

Club: Bad Langensalza  
Number: 15

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 53:28

Speed: 13.47 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 9 (of 156)

Rank in course/Men: 9 (of 109)

Best time in course: 42:05

Rank in category: 1(of 16)

Best time in the category: 53:28