



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Dembeck, Tino

Club: FSV.90 Henningsleben

Number: 21

Course: 5.00 km

5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:47

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 43 (of 227)

Rank in course/Men: 36 (of 124)

Best time in course: 17:46

Rank in category: 6(of 9)

Best time in the category: 17:46