



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Dembeck, Nils

Club: Sportgruppe FA/UA-Btl 1
Number: 20

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 52:31

Speed: 13.71 km/h
Running performance: 4:12 min/km

Rank in course/Total: 5 (of 193)

Rank in course/Men: 5 (of 142)

Best time in course: 42:15

Rank in category: 1(of 20)

Best time in the category: 52:31