



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

**Penzel, Dirk**

Club: Bad Langensalza  
Number: 95

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:10:23

Speed: 10.23 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 137 (of 193)

Rank in course/Men: 114 (of 142)

Best time in course: 42:15

Rank in category: 18(of 20)

Best time in the category: 52:50