



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Dembeck, Tino

Club: DaRoTel GmbH

Number: 523

Course: 5.00 km

5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:42

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 58 (of 242)

Rank in course/Men: 47 (of 137)

Best time in course: 18:28

Rank in category: 9(of 14)

Best time in the category: 19:30