



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Allstädt, Paul

Club: SV Empor LSZ Boxen  
Number: 501

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 28:38

Speed: 10.48 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 121 (of 242)

Rank in course/Men: 89 (of 137)

Best time in course: 18:28

Rank in category: 9(of 14)

Best time in the category: 18:28