



3Türmelauf  
Bad Langensalza / 24.04.2016

Detailed evaluation

Dembeck, Nils

Club: DaRoTel GmbH  
Number: 1068

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 51:53

Speed: 13.88 km/h  
Running performance: 4:09 min/km

Rank in course/Total: 9 (of 188)

Rank in course/Men: 9 (of 138)

Best time in course: 41:37

Rank in category: 1(of 16)

Best time in the category: 51:53