



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

**Paul, Denis**

Club: Kirchheilingen

Number: 1156

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 58:14

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 38 (of 188)

Rank in course/Men: 34 (of 138)

Best time in course: 41:37

Rank in category: 4(of 20)

Best time in the category: 52:15