



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**ALLSTÄDT, Paul**

Club: SV Empor Abtl.Boxen  
Number: 1001

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U18 (16-17 Jahre)

Total time: 24:30

Speed: 12.24 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 40 (of 251)

Rank in course/Men: 32 (of 141)

Best time in course: 18:14

Rank in category: 5(of 13)

Best time in the category: 18:27