



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

**DEMBECK, Tino**

Club: DaRoTel

Number: 1023

Course: 5.00 km

5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 26:10

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 81 (of 251)

Rank in course/Men: 62 (of 141)

Best time in course: 18:14

Rank in category: 3(of 7)

Best time in the category: 19:13