



3Türmelauf  
Bad Langensalza / 30.04.2017

Detailed evaluation

**DEMBECK, Nils**

Club: DaRoTel  
Number: 1730

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 52:05

Speed: 13.82 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 14 (of 246)

Rank in course/Men: 14 (of 190)

Best time in course: 41:16

Rank in category: 1(of 24)

Best time in the category: 52:05