



2. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 09.09.2017

Detailed evaluation

**DEMBECK, Nils**

Club: DaRoTel

Number: 231

Course: 3.50 km

3,5 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 14:28

Speed: 14.52 km/h

Running performance: 4:08 min/km

Rank in course/Total: 3 (of 43)

Rank in course/Men: 3 (of 31)

Best time in course: 13:33

Rank in category: 1(of 4)

Best time in the category: 14:28