



2. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 09.09.2017

Detailed evaluation

**ROGOWSKI, Jens**

Club: Betreutes Laufen  
Number: 261

Course: 3.50 km  
3,5 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 19:48

Speed: 9.09 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 31 (of 43)

Rank in course/Men: 26 (of 31)

Best time in course: 13:33

Rank in category: 1(of 2)

Best time in the category: 19:48