



2. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 09.09.2017

Detailed evaluation

**RÖMHILD, Jan-Olaf**

Club: fit&fun&median  
Number: 127

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:42

Speed: 11.17 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 21 (of 52)

Rank in course/Men: 18 (of 32)

Best time in course: 40:35

Rank in category: 7(of 10)

Best time in the category: 43:33