



2. Stadtlauf Bad Tennstedt
Bad Tennstedt / 09.09.2017

Detailed evaluation

Ast, Fritz Hendrik

Club: Frankfurt am Main
Number: 147

Course: 10.00 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:28

Speed: 10.44 km/h
Running performance: 5:45 min/km

Rank in course/Total: 28 (of 52)

Rank in course/Men: 23 (of 32)

Best time in course: 40:35

Rank in category: 9(of 10)

Best time in the category: 43:33