



2. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 09.09.2017

Detailed evaluation

DEMBECK, Katja

Club: DaRoTel  
Number: 104

Course: 10.00 km  
10 km Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:00:42

Speed: 9.88 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 32 (of 52)  
Rank in course/Women: 7 (of 20)  
Best time in course: 47:07

Rank in category: 1(of 1)  
Best time in the category: 1:00:42