



3. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 08.09.2018

Detailed evaluation

Knoll, Martin

Club: Kyffhäuserland  
Number: 139

Course: 3.50 km  
3,5 km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 12:10

Speed: 14.79 km/h  
Running performance: 3:29 min/km

Rank in course/Total: 1 (of 49)

Rank in course/Men: 1 (of 24)

Best time in course: 12:10

Rank in category: 1(of 4)

Best time in the category: 12:10