



3. Stadtlauf Bad Tennstedt
Bad Tennstedt / 08.09.2018

Detailed evaluation

Rahaus, Silvio

Club: Wiedermuth
Number: 248

Course: 10.00 km
10 km Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 43:55

Speed: 13.66 km/h
Running performance: 4:23 min/km

Rank in course/Total: 5 (of 45)

Rank in course/Men: 5 (of 30)

Best time in course: 39:56

Rank in category: 1(of 5)

Best time in the category: 43:55