



3. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 08.09.2018

Detailed evaluation

Gräfe, Michael

Club: Tonna  
Number: 233

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 43:59

Speed: 13.64 km/h  
Running performance: 4:24 min/km

Rank in course/Total: 6 (of 45)

Rank in course/Men: 6 (of 30)

Best time in course: 39:56

Rank in category: 1(of 2)

Best time in the category: 43:59