



3. Stadtlauf Bad Tennstedt
Bad Tennstedt / 08.09.2018

Detailed evaluation

Kindervater, Lars

Club: FSV Schernberg
Number: 234

Course: 10.00 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:04

Speed: 13.62 km/h
Running performance: 4:25 min/km

Rank in course/Total: 7 (of 45)

Rank in course/Men: 7 (of 30)

Best time in course: 39:56

Rank in category: 1(of 4)

Best time in the category: 44:04