



3. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 08.09.2018

Detailed evaluation

**Braun, Jörg**

Club: Herbsleben

Number: 245

Course: 10.00 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:42

Speed: 13.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 9 (of 45)

Rank in course/Men: 9 (of 30)

Best time in course: 39:56

Rank in category: 2(of 4)

Best time in the category: 44:04