



3. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 08.09.2018

Detailed evaluation

Gräfenstein, Richard

Club: Herbsleben  
Number: 203

Course: 10.00 km  
10 km Lauf

Category:  
Männer (20-29 Jahre)

Total time: 48:53

Speed: 12.27 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 13 (of 45)

Rank in course/Men: 12 (of 30)

Best time in course: 39:56

Rank in category: 3(of 5)

Best time in the category: 39:56