



3. Stadtlauf Bad Tennstedt
Bad Tennstedt / 08.09.2018

Detailed evaluation

Dembeck, Tino

Club: DaRoTel

Number: 112

Course: 3.50 km

3,5 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 16:06

Speed: 11.18 km/h

Running performance: 4:36 min/km

Rank in course/Total: 7 (of 49)

Rank in course/Men: 6 (of 24)

Best time in course: 12:10

Rank in category: 3(of 4)

Best time in the category: 12:10