



3. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 08.09.2018

Detailed evaluation

Römhild, Jan-Olaf

Club: fit & fun & median  
Number: 209

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 52:05

Speed: 11.52 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 18 (of 45)

Rank in course/Men: 15 (of 30)

Best time in course: 39:56

Rank in category: 3(of 4)

Best time in the category: 44:04