



3. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 08.09.2018

Detailed evaluation

Dembeck, Katja

Club: DaRoTel

Number: 213

Course: 10.00 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:01:32

Speed: 9.75 km/h

Running performance: 6:09 min/km

Rank in course/Total: 37 (of 45)

Rank in course/Women: 13 (of 15)

Best time in course: 47:31

Rank in category: 3(of 3)

Best time in the category: 51:14