



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Bärhold, Ingo

Club: SG Merxleben 1921 e.V.

Number: 1

Course: 10.00 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:27

Speed: 12.13 km/h

Running performance: 4:56 min/km

Rank in course/Total: 13 (of 38)

Rank in course/Men: 12 (of 34)

Best time in course: 34:27

Rank in category: 3(of 8)

Best time in the category: 44:10