



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Schumacher, Lars

Club: AC Apolda  
Number: 4

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 50:33

Speed: 11.87 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 16 (of 38)

Rank in course/Men: 15 (of 34)

Best time in course: 34:27

Rank in category: 4(of 8)

Best time in the category: 44:10