



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Gräfenstein, Robert

Club: Erfurt

Number: 9

Course: 10.00 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 50:40

Speed: 11.84 km/h

Running performance: 5:04 min/km

Rank in course/Total: 17 (of 38)

Rank in course/Men: 16 (of 34)

Best time in course: 34:27

Rank in category: 1(of 3)

Best time in the category: 50:40