



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Römhild, Jan-Olaf

Club: fit & fun & median
Number: 26

Course: 10.00 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:47

Speed: 11.81 km/h
Running performance: 5:05 min/km

Rank in course/Total: 19 (of 38)

Rank in course/Men: 18 (of 34)

Best time in course: 34:27

Rank in category: 4(of 6)

Best time in the category: 42:58