



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Leder, Patrick

Club: Ballhausen

Number: 20

Course: 10.00 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 52:43

Speed: 11.38 km/h

Running performance: 5:16 min/km

Rank in course/Total: 22 (of 38)

Rank in course/Men: 21 (of 34)

Best time in course: 34:27

Rank in category: 3(of 4)

Best time in the category: 47:19