



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Gräfenstein, Richard

Club: Herbsleben

Number: 8

Course: 10.00 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 53:39

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 23 (of 38)

Rank in course/Men: 22 (of 34)

Best time in course: 34:27

Rank in category: 2(of 3)

Best time in the category: 50:40