



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Schöder, Sascha

Club: LEWA
Number: 33

Course: 10.00 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 55:50

Speed: 10.75 km/h
Running performance: 5:35 min/km

Rank in course/Total: 27 (of 38)

Rank in course/Men: 25 (of 34)

Best time in course: 34:27

Rank in category: 7(of 8)

Best time in the category: 44:10