



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Grund, Thomas

Club: SV Glückauf

Number: 41

Course: 10.00 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 55:51

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 28 (of 38)

Rank in course/Men: 26 (of 34)

Best time in course: 34:27

Rank in category: 2(of 2)

Best time in the category: 45:23