



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Kästner, Bernd

Club: Mittwochslaufgruppe
Number: 37

Course: 10.00 km
10 km Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 55:57

Speed: 10.72 km/h
Running performance: 5:36 min/km

Rank in course/Total: 29 (of 38)

Rank in course/Men: 27 (of 34)

Best time in course: 34:27

Rank in category: 1(of 3)

Best time in the category: 55:57