



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Kaufhold, Elisa

Number: 16

Course: 10.00 km  
10 km Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 55:58

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 30 (of 38)

Rank in course/Women: 3 (of 4)

Best time in course: 48:20

Rank in category: 1(of 1)

Best time in the category: 55:58