



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Kaufhold, Stephan

Club: Herbsleben

Number: 17

Course: 10.00 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 55:58

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 31 (of 38)

Rank in course/Men: 28 (of 34)

Best time in course: 34:27

Rank in category: 4(of 4)

Best time in the category: 47:19