



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Elliger, Uwe

Club: Ballhausen  
Number: 6

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:00:29

Speed: 9.92 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 36 (of 38)

Rank in course/Men: 33 (of 34)

Best time in course: 34:27

Rank in category: 3(of 3)

Best time in the category: 55:57