



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Urban, Robin

Club: Red BLACK LINEDANCERS  
Number: 343

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 28:32

Speed: 10.51 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 22 (of 45)

Rank in course/Men: 17 (of 29)

Best time in course: 19:22

Rank in category: 2(of 3)

Best time in the category: 20:23