



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Köppe, Jan

Club: SVK

Number: 318

Course: 5.00 km

5 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 20:23

Speed: 14.72 km/h

Running performance: 4:05 min/km

Rank in course/Total: 3 (of 45)

Rank in course/Men: 3 (of 29)

Best time in course: 19:22

Rank in category: 1(of 3)

Best time in the category: 20:23