



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Thueringer, Michael

Club: DRK Mühlhausen  
Number: 339

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 30:00

Speed: 10.00 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 29 (of 45)

Rank in course/Men: 21 (of 29)

Best time in course: 19:22

Rank in category: 2(of 3)

Best time in the category: 26:46