



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Fischer, Jörg

Number: 345

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 32:00

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 32 (of 45)

Rank in course/Men: 23 (of 29)

Best time in course: 19:22

Rank in category: 3(of 4)

Best time in the category: 28:49