



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

**Paternoga, Cindy**

Club: Feuerwehr Sömmerdaer Sportgruppe  
Number: 543

Course: 3.50 km  
nasse Füßelauf-kühler Kopf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 21:26

Speed: 8.40 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 6 (of 36)

Rank in course/Women: 1 (of 23)

Best time in course: 21:26

Rank in category: 1(of 1)

Best time in the category: 21:26