



4. Stadtlauf Bad Tennstedt

Bad Tennstedt / 14.09.2019

Detailed evaluation

Freund, Silke

Club: Bad Tennstedt

Number: 303

Course: 5.00 km

5 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 34:06

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 37 (of 45)

Rank in course/Women: 12 (of 16)

Best time in course: 22:42

Rank in category: 5(of 5)

Best time in the category: 24:38