



4. Stadtlauf Bad Tennstedt

Bad Tennstedt / 14.09.2019

Detailed evaluation

Spangenberg, Karl

Number: 532

Course: 3.50 km

nasse Füßelauf-kühler Kopf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 25:11

Speed: 7.15 km/h

Running performance: 7:12 min/km

Rank in course/Total: 11 (of 36)

Rank in course/Men: 7 (of 13)

Best time in course: 18:18

Rank in category: 2(of 3)

Best time in the category: 20:00