



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Harnisch, Holger

Club: SV Sundhausen  
Number: 349

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 36:51

Speed: 8.14 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 43 (of 45)

Rank in course/Men: 28 (of 29)

Best time in course: 19:22

Rank in category: 1(of 1)

Best time in the category: 36:51