



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Ludwig, Yvonne

Club: Feuerwehr Sömmerdaer Sportgruppe  
Number: 542

Course: 3.50 km  
nasse Füßelauf-kühler Kopf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 27:48

Speed: 6.47 km/h  
Running performance: 7:56 min/km

Rank in course/Total: 18 (of 36)  
Rank in course/Women: 9 (of 23)  
Best time in course: 21:26

Rank in category: 2(of 3)  
Best time in the category: 26:03