



## 4. Stadtlauf Bad Tennstedt

Bad Tennstedt / 14.09.2019

### Detailed evaluation

Helm, Frank

Club: Mühltauf-Verein Eisenberg / Thür. e.V.  
Number: 645

Course: 3.50 km  
3,5 km Nordic Walking

Category:  
Nordic Walking Männer

Total time: 31:53

Speed: 5.65 km/h  
Running performance: 9:07 min/km

Rank in course/Total: 4 (of 8)

Rank in course/Men: 3 (of 3)

Best time in course: 22:57

Rank in category: 3(of 3)

Best time in the category: 22:57