



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Kindervater, Lars

Club: FSV Schernberg  
Number: 34

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 42:58

Speed: 13.96 km/h  
Running performance: 4:18 min/km

Rank in course/Total: 2 (of 38)

Rank in course/Men: 2 (of 34)

Best time in course: 34:27

Rank in category: 1(of 6)

Best time in the category: 42:58