



4. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 14.09.2019

Detailed evaluation

Gräfe, Michael

Club: SG Tonna  
Number: 32

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 44:50

Speed: 13.38 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 5 (of 38)

Rank in course/Men: 5 (of 34)

Best time in course: 34:27

Rank in category: 2(of 8)

Best time in the category: 44:10