



## 4. Stadtlauf Bad Tennstedt

Bad Tennstedt / 14.09.2019

### Detailed evaluation

Schreiber, Jörg

Club: Bad Tennstedt

Number: 29

Course: 10.00 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:53

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 7 (of 38)

Rank in course/Men: 7 (of 34)

Best time in course: 34:27

Rank in category: 2(of 6)

Best time in the category: 42:58