



4. Stadtlauf Bad Tennstedt
Bad Tennstedt / 14.09.2019

Detailed evaluation

Weber, Aurel

Club: Lauffeuer Fröttstädt
Number: 31

Course: 10.00 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:31

Speed: 12.90 km/h
Running performance: 4:39 min/km

Rank in course/Total: 8 (of 38)

Rank in course/Men: 8 (of 34)

Best time in course: 34:27

Rank in category: 3(of 6)

Best time in the category: 42:58