



4. Stadtlauf Bad Tennstedt

Bad Tennstedt / 14.09.2019

Detailed evaluation

Kavemann, Matthias

Club: Gräfentonna

Number: 18

Course: 10.00 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 47:42

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 10 (of 38)

Rank in course/Men: 10 (of 34)

Best time in course: 34:27

Rank in category: 1(of 3)

Best time in the category: 47:42