



5. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 10.09.2022

Detailed evaluation

Freund, Silke

Club: laufend unterwegs  
Number: 203

Course: 5.00 km  
5 km Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 29:18

Speed: 10.24 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 16 (of 27)

Rank in course/Women: 3 (of 6)

Best time in course: 27:05

Rank in category: 1(of 2)

Best time in the category: 29:18