



5. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 10.09.2022

Detailed evaluation

Urban, Robin

Club: Bad Tennstedt  
Number: 245

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 29:40

Speed: 10.11 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 18 (of 27)

Rank in course/Men: 14 (of 21)

Best time in course: 21:43

Rank in category: 2(of 4)

Best time in the category: 26:00