



5. Stadtlauf Bad Tennstedt
Bad Tennstedt / 10.09.2022

Detailed evaluation

Gräfe, Michael

Club: DaRoTel

Number: 123

Course: 10.00 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:24

Speed: 13.82 km/h

Running performance: 4:20 min/km

Rank in course/Total: 2 (of 29)

Rank in course/Men: 2 (of 23)

Best time in course: 35:50

Rank in category: 1(of 4)

Best time in the category: 43:24