



5. Stadtlauf Bad Tennstedt
Bad Tennstedt / 10.09.2022

Detailed evaluation

Ponick, Julius

Club: Bad Tennstedt
Number: 121

Course: 10.00 km
10 km Lauf

Category:
Männer (20-29 Jahre)

Total time: 45:10

Speed: 13.28 km/h
Running performance: 4:31 min/km

Rank in course/Total: 5 (of 29)

Rank in course/Men: 5 (of 23)

Best time in course: 35:50

Rank in category: 2(of 6)

Best time in the category: 44:04