



5. Stadtlauf Bad Tennstedt
Bad Tennstedt / 10.09.2022

Detailed evaluation

Bärhold, Ingo

Club: SG Merxleben 1921 e.V.
Number: 115

Course: 10.00 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 48:47

Speed: 12.30 km/h
Running performance: 4:53 min/km

Rank in course/Total: 7 (of 29)

Rank in course/Men: 7 (of 23)

Best time in course: 35:50

Rank in category: 2(of 3)

Best time in the category: 45:04