



5. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 10.09.2022

Detailed evaluation

Römhild, Jan-Olaf

Club: Mittwochslaufgruppe

Number: 124

Course: 10.00 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 12 (of 29)

Rank in course/Men: 11 (of 23)

Best time in course: 35:50

Rank in category: 1(of 1)

Best time in the category: 53:06