



5. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 10.09.2022

Detailed evaluation

Nicolai, Lennard

Club: Erfurt  
Number: 134

Course: 10.00 km  
10 km Lauf

Category:  
Männer (20-29 Jahre)

Total time: 53:26

Speed: 11.23 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 14 (of 29)

Rank in course/Men: 12 (of 23)

Best time in course: 35:50

Rank in category: 4(of 6)

Best time in the category: 44:04