



5. Stadtlauf Bad Tennstedt
Bad Tennstedt / 10.09.2022

Detailed evaluation

Kämpf, René

Club: laufend unterwegs

Number: 113

Course: 10.00 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:39

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 21 (of 29)

Rank in course/Men: 19 (of 23)

Best time in course: 35:50

Rank in category: 3(of 3)

Best time in the category: 45:04