



5. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 10.09.2022

Detailed evaluation

Kästner, Bernd

Club: Mittwochslaufgruppe

Number: 114

Course: 10.00 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 59:04

Speed: 10.16 km/h

Running performance: 5:55 min/km

Rank in course/Total: 22 (of 29)

Rank in course/Men: 20 (of 23)

Best time in course: 35:50

Rank in category: 2(of 2)

Best time in the category: 55:40