



5. Stadtlauf Bad Tennstedt
Bad Tennstedt / 10.09.2022

Detailed evaluation

Münchgesang, Sandra

Club: Team Fitness-Mama
Number: 119

Course: 10.00 km
10 km Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:18

Speed: 8.92 km/h
Running performance: 6:44 min/km

Rank in course/Total: 29 (of 29)

Rank in course/Women: 5 (of 6)

Best time in course: 51:35

Rank in category: 1(of 2)

Best time in the category: 1:07:18