



5. Stadtlauf Bad Tennstedt
Bad Tennstedt / 10.09.2022

Detailed evaluation

Friede, Karl

Club: Freiwillige Feuerwehr Bad Tennstedt
Number: 103

Course: 10.00 km
10 km Lauf

Category:
Männer (20-29 Jahre)

Total time: 58:23

Speed: 10.28 km/h
Running performance: 5:50 min/km

Rank in course/Total: 20 (of 29)

Rank in course/Men: 18 (of 23)

Best time in course: 35:50

Rank in category: 6(of 6)

Best time in the category: 44:04