



5. Stadtlauf Bad Tennstedt
Bad Tennstedt / 10.09.2022

Detailed evaluation

Zier, Denny

Number: 249

Course: 5.00 km
5 km Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 21:43

Speed: 13.81 km/h

Running performance: 4:20 min/km

Rank in course/Total: 1 (of 27)

Rank in course/Men: 1 (of 21)

Best time in course: 21:43

Rank in category: 1(of 2)

Best time in the category: 21:43