



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Fischer, Jörg

Number: 237

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 33:54

Speed: 8.85 km/h

Running performance: 6:47 min/km

Rank in course/Total: 22 (of 39)

Rank in course/Men: 12 (of 18)

Best time in course: 21:05

Rank in category: 2(of 3)

Best time in the category: 32:50