



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Frank, Felix

Club: TMP Läufer  
Number: 207

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 35:09

Speed: 8.53 km/h  
Running performance: 7:02 min/km

Rank in course/Total: 26 (of 39)

Rank in course/Men: 14 (of 18)

Best time in course: 21:05

Rank in category: 2(of 2)

Best time in the category: 32:46