



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Zehm, Justin

Club: Eschenbergen

Number: 129

Course: 10.00 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 45:24

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 2 (of 27)

Rank in course/Men: 2 (of 24)

Best time in course: 42:50

Rank in category: 1(of 3)

Best time in the category: 45:24