



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Gräfenstein, Robert

Club: Bad Tennstedt
Number: 104

Course: 10.00 km
10 km Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:21

Speed: 12.41 km/h
Running performance: 4:50 min/km

Rank in course/Total: 7 (of 27)

Rank in course/Men: 7 (of 24)

Best time in course: 42:50

Rank in category: 2(of 3)

Best time in the category: 46:21