



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Bärhold, Ingo

Club: SG Merxleben 1921 e.V.
Number: 119

Course: 10.00 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:51

Speed: 12.04 km/h
Running performance: 4:59 min/km

Rank in course/Total: 8 (of 27)

Rank in course/Men: 8 (of 24)

Best time in course: 42:50

Rank in category: 2(of 3)

Best time in the category: 47:44