



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Römhild, Jan-Olaf

Club: Mittwochslaufgruppe
Number: 118

Course: 10.00 km
10 km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 52:22

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 12 (of 27)

Rank in course/Men: 11 (of 24)

Best time in course: 42:50

Rank in category: 2(of 3)

Best time in the category: 42:50