



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Christ, Markus

Club: Nägelstedt  
Number: 101

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 57:48

Speed: 10.38 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 17 (of 27)

Rank in course/Men: 15 (of 24)

Best time in course: 42:50

Rank in category: 5(of 7)

Best time in the category: 47:31