



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Gary, Dominik

Club: Fahrdienst Gary
Number: 103

Course: 10.00 km
10 km Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 57:50

Speed: 10.37 km/h
Running performance: 5:47 min/km

Rank in course/Total: 18 (of 27)

Rank in course/Men: 16 (of 24)

Best time in course: 42:50

Rank in category: 3(of 3)

Best time in the category: 46:21