



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Herzog, Julian

Club: Bad Tennstedt  
Number: 109

Course: 10.00 km  
10 km Lauf

Category:  
Männer (20-29 Jahre)

Total time: 58:30

Speed: 10.26 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 19 (of 27)

Rank in course/Men: 17 (of 24)

Best time in course: 42:50

Rank in category: 3(of 3)

Best time in the category: 45:24