



6. Novalislauf Bad Tennstedt

Bad Tennstedt / 09.09.2023

Detailed evaluation

Gronau, Sven

Club: Laufgruppe Brätel

Number: 105

Course: 10.00 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:02:48

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 23 (of 27)

Rank in course/Men: 21 (of 24)

Best time in course: 42:50

Rank in category: 3(of 3)

Best time in the category: 47:44