



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Kästner, Bernd

Club: Mittwochslaufgruppe

Number: 110

Course: 10.00 km

10 km Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:07:55

Speed: 8.83 km/h

Running performance: 6:47 min/km

Rank in course/Total: 26 (of 27)

Rank in course/Men: 24 (of 24)

Best time in course: 42:50

Rank in category: 1(of 1)

Best time in the category: 1:07:55