



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Urban, Robin

Club: Team Quellprinzessin
Number: 383

Course: 3.50 km
Spaßlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 24:08

Speed: 7.46 km/h
Running performance: 6:54 min/km

Rank in course/Total: 14 (of 73)

Rank in course/Men: 13 (of 41)

Best time in course: 19:32

Rank in category: 1(of 2)

Best time in the category: 24:08