



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Gehnen, Adrian

Club: ThePra Wohnheim Kompass  
Number: 323

Course: 3.50 km  
Spaßlauf

Category:  
Männer (20-29 Jahre)

Total time: 30:14

Speed: 5.95 km/h  
Running performance: 8:38 min/km

Rank in course/Total: 41 (of 73)

Rank in course/Men: 30 (of 41)

Best time in course: 19:32

Rank in category: 3(of 4)

Best time in the category: 25:08