



## 6. Novalislauf Bad Tennstedt

Bad Tennstedt / 09.09.2023

### Detailed evaluation

#### Helbing, Ben

Club: Feuerwehr Bad Tennstedt

Number: 382

Course: 3.50 km

Spaßlauf

Category:

männliche Jugend U14 (12-13)

Total time: 32:15

Speed: 5.58 km/h

Running performance: 9:13 min/km

Rank in course/Total: 52 (of 73)

Rank in course/Men: 36 (of 41)

Best time in course: 19:32

Rank in category: 17(of 20)

Best time in the category: 19:55