



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Friede, Karl

Club: Freiwillige Feuerwehr Bad Tennstedt  
Number: 320

Course: 3.50 km  
Spaßlauf

Category:  
Männer (20-29 Jahre)

Total time: 32:33

Speed: 5.53 km/h  
Running performance: 9:18 min/km

Rank in course/Total: 53 (of 73)

Rank in course/Men: 37 (of 41)

Best time in course: 19:32

Rank in category: 4(of 4)

Best time in the category: 25:08