



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Dembeck, Nils

Club: DaRoTel Runner?s  
Number: 204

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 21:46

Speed: 13.78 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 2 (of 39)

Rank in course/Men: 2 (of 18)

Best time in course: 21:05

Rank in category: 1(of 2)

Best time in the category: 21:46