



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Schaumburg, Holm

Number: 236

Course: 5.00 km
5 km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 28:41

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 11 (of 39)

Rank in course/Men: 9 (of 18)

Best time in course: 21:05

Rank in category: 1(of 1)

Best time in the category: 28:41