



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Tristan Plato

Number: 229

Course: 5.00 km  
5 km Lauf

Category:  
männliche Jugend U20 (18-19) B

Total time: 25:55

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 10 (of 45)

Rank in course/Men: 10 (of 28)

Best time in course: 20:45

Rank in category: 1(of 1)

Best time in the category: 25:55