



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Hendrik Lange

Number: 224

Course: 5.00 km
5 km Lauf

Category:
Schüler U16 (14-15) B

Total time: 28:21

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 18 (of 45)

Rank in course/Men: 17 (of 28)

Best time in course: 20:45

Rank in category: 1(of 2)

Best time in the category: 28:21