



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

RUSTAM ATYSHEV

Number: 202

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M35 (35-39) B

Total time: 21:53

Speed: 13.71 km/h

Running performance: 4:22 min/km

Rank in course/Total: 5 (of 45)

Rank in course/Men: 5 (of 28)

Best time in course: 20:45

Rank in category: 1(of 4)

Best time in the category: 21:53