



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Hendrik Lange

Club: Atemlos auf der Flucht  
Number: 354

Course: 3.50 km  
Spaßlauf

Category:  
Schüler U16 (14-15)

Total time: 24:09

Speed: 7.45 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 10 (of 86)

Rank in course/Men: 10 (of 40)

Best time in course: 19:45

Rank in category: 5(of 8)

Best time in the category: 19:45