



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Rico Köpke

Club: DaRoTel Runner`s
Number: 243

Course: 5.00 km
5 km Lauf

Category:
Senioren M35 (35-39) B

Total time: 34:40

Speed: 8.65 km/h
Running performance: 6:55 min/km

Rank in course/Total: 34 (of 45)

Rank in course/Men: 25 (of 28)

Best time in course: 20:45

Rank in category: 4(of 4)

Best time in the category: 21:53