



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

**Matthias Bischoff**

Club: SV Blau-Weiß Tüngeda  
Number: 206

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M40 (40-44) B

Total time: 21:10

Speed: 14.17 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 3 (of 45)

Rank in course/Men: 3 (of 28)

Best time in course: 20:45

Rank in category: 1(of 3)

Best time in the category: 21:10