



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

André Hofmann

Club: TSV 1861 Bad Tennstedt
Number: 219

Course: 5.00 km
5 km Lauf

Category:
Senioren M40 (40-44) B

Total time: 29:56

Speed: 10.02 km/h
Running performance: 5:59 min/km

Rank in course/Total: 23 (of 45)

Rank in course/Men: 21 (of 28)

Best time in course: 20:45

Rank in category: 2(of 3)

Best time in the category: 21:10