



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Rico Köpke

Club: DaRoTel Runner`s  
Number: 352

Course: 3.50 km  
Spaßlauf

Category:  
Senioren M35 (35-39)

Total time: 32:48

Speed: 5.49 km/h  
Running performance: 9:22 min/km

Rank in course/Total: 48 (of 86)

Rank in course/Men: 27 (of 40)

Best time in course: 19:45

Rank in category: 1(of 1)

Best time in the category: 32:48