



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Uwe Aschenbach

Club: SWE Laufteam  
Number: 305

Course: 3.50 km  
Spaßlauf

Category:  
Senioren M45 (45-49)

Total time: 20:46

Speed: 8.67 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 2 (of 86)

Rank in course/Men: 2 (of 40)

Best time in course: 19:45

Rank in category: 1(of 4)

Best time in the category: 20:46