



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Sven Rechtenbach

Club: Atemlos auf der Flucht
Number: 381

Course: 3.50 km
Spaßlauf

Category:
Senioren M45 (45-49)

Total time: 28:13

Speed: 6.38 km/h
Running performance: 8:03 min/km

Rank in course/Total: 32 (of 86)

Rank in course/Men: 23 (of 40)

Best time in course: 19:45

Rank in category: 3(of 4)

Best time in the category: 20:46