



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Andreas Salomo

Number: 234

Course: 5.00 km
5 km Lauf

Category:
Senioren M40 (40-44) B

Total time: 31:13

Speed: 9.61 km/h

Running performance: 6:14 min/km

Rank in course/Total: 25 (of 45)

Rank in course/Men: 22 (of 28)

Best time in course: 20:45

Rank in category: 3(of 3)

Best time in the category: 21:10