



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

**Mike Schmidt**

Club: SC Impuls Erfurt e.V.  
Number: 237

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M50 (50-54) B

Total time: 20:54

Speed: 14.35 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 2 (of 45)

Rank in course/Men: 2 (of 28)

Best time in course: 20:45

Rank in category: 1(of 4)

Best time in the category: 20:54