



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Holm Schaumburg

Number: 245

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M50 (50-54) B

Total time: 27:38

Speed: 10.86 km/h

Running performance: 5:31 min/km

Rank in course/Total: 14 (of 45)

Rank in course/Men: 14 (of 28)

Best time in course: 20:45

Rank in category: 3(of 4)

Best time in the category: 20:54