



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Jan-Olaf Römhild

Club: Mittwochslaufgruppe  
Number: 276

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M50 (50-54) B

Total time: 29:34

Speed: 10.15 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 22 (of 45)

Rank in course/Men: 20 (of 28)

Best time in course: 20:45

Rank in category: 4(of 4)

Best time in the category: 20:54