



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Gregor Müller

Club: Laufend unterwegs  
Number: 228

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M55 (55-59) B

Total time: 35:17

Speed: 8.50 km/h  
Running performance: 7:03 min/km

Rank in course/Total: 35 (of 45)

Rank in course/Men: 26 (of 28)

Best time in course: 20:45

Rank in category: 1(of 2)

Best time in the category: 35:17