



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Raphael Both

Number: 208

Course: 5.00 km  
5 km Lauf

Category:  
Männer (20-29) B

Total time: 35:53

Speed: 8.36 km/h

Running performance: 7:10 min/km

Rank in course/Total: 38 (of 45)

Rank in course/Men: 27 (of 28)

Best time in course: 20:45

Rank in category: 3(of 3)

Best time in the category: 27:38