



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Jan Spannaus

Club: Laufend unterwegs
Number: 270

Course: 5.00 km
5 km Nordic Walking

Category:
Nordic Walking Männer

Total time: 42:17

Speed: 7.09 km/h
Running performance: 8:27 min/km

Rank in course/Total: 5 (of 27)

Rank in course/Men: 1 (of 6)

Best time in course: 42:17

Rank in category: 1(of 4)

Best time in the category: 42:17