



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Frank Friese

Number: 257

Course: 5.00 km
5 km Nordic Walking

Category:
Nordic Walking Männer

Total time: 45:23

Speed: 6.61 km/h
Running performance: 9:04 min/km

Rank in course/Total: 10 (of 27)

Rank in course/Men: 3 (of 6)

Best time in course: 42:17

Rank in category: 2(of 4)

Best time in the category: 42:17