



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

**Robert Irrgang**

Club: RunningBros Coburg

Number: 105

Course: 10.00 km

10 km Lauf

Category:

Männer (20-29) A

Total time: 43:08

Speed: 13.91 km/h

Running performance: 4:18 min/km

Rank in course/Total: 4 (of 20)

Rank in course/Men: 4 (of 17)

Best time in course: 35:17

Rank in category: 1(of 1)

Best time in the category: 43:08