



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Michael Knoche

Club: Willpower

Number: 106

Course: 10.00 km

10 km Lauf

Category:

Senioren M35 (35-39) A

Total time: 39:19

Speed: 15.26 km/h

Running performance: 3:55 min/km

Rank in course/Total: 3 (of 20)

Rank in course/Men: 3 (of 17)

Best time in course: 35:17

Rank in category: 1(of 3)

Best time in the category: 39:19