



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Christian Lohrengel

Number: 110

Course: 10.00 km
10 km Lauf

Category:
Senioren M35 (35-39) A

Total time: 43:47

Speed: 13.70 km/h

Running performance: 4:22 min/km

Rank in course/Total: 5 (of 20)

Rank in course/Men: 5 (of 17)

Best time in course: 35:17

Rank in category: 2(of 3)

Best time in the category: 39:19