



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Martin Thomas

Club: Laufen mit Herz & Seele
Number: 118

Course: 10.00 km
10 km Lauf

Category:
Senioren M35 (35-39) A

Total time: 49:12

Speed: 12.20 km/h
Running performance: 4:55 min/km

Rank in course/Total: 8 (of 20)

Rank in course/Men: 8 (of 17)

Best time in course: 35:17

Rank in category: 3(of 3)

Best time in the category: 39:19