



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Patrick Steinmetz

Club: Bad Langensalza  
Number: 117

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M40 (40-44) A

Total time: 55:05

Speed: 10.89 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 11 (of 20)

Rank in course/Men: 10 (of 17)

Best time in course: 35:17

Rank in category: 2(of 4)

Best time in the category: 35:17