



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Matthias Pommer

Club: SV Blau Weiß Gangloffsömmern
Number: 112

Course: 10.00 km
10 km Lauf

Category:
Senioren M45 (45-49) A

Total time: 48:11

Speed: 12.45 km/h
Running performance: 4:49 min/km

Rank in course/Total: 7 (of 20)

Rank in course/Men: 7 (of 17)

Best time in course: 35:17

Rank in category: 2(of 2)

Best time in the category: 47:02