



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Ingo Thurm

Club: sc impuls Erfurt
Number: 119

Course: 10.00 km
10 km Lauf

Category:
Senioren M50 (50-54) A

Total time: 39:07

Speed: 15.34 km/h
Running performance: 3:54 min/km

Rank in course/Total: 2 (of 20)

Rank in course/Men: 2 (of 17)

Best time in course: 35:17

Rank in category: 1(of 3)

Best time in the category: 39:07