



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Thorsten Seever

Club: SG Motor Arnstadt
Number: 116

Course: 10.00 km
10 km Lauf

Category:
Senioren M50 (50-54) A

Total time: 54:16

Speed: 11.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 10 (of 20)

Rank in course/Men: 9 (of 17)

Best time in course: 35:17

Rank in category: 2(of 3)

Best time in the category: 39:07