



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

**Torsten Kranholdt**

Club: KSV 90 Kirchheilingen  
Number: 107

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M50 (50-54) A

Total time: 56:49

Speed: 10.56 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 12 (of 20)

Rank in course/Men: 11 (of 17)

Best time in course: 35:17

Rank in category: 3(of 3)

Best time in the category: 39:07