



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Thomas Schrader

Club: TEAG Thüringer Energie AG
Number: 115

Course: 10.00 km
10 km Lauf

Category:
Senioren M60 (60-64) A

Total time: 1:12:40

Speed: 8.26 km/h
Running performance: 7:16 min/km

Rank in course/Total: 19 (of 20)

Rank in course/Men: 17 (of 17)

Best time in course: 35:17

Rank in category: 2(of 2)

Best time in the category: 1:09:04