



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

□□□□

**Torsten Kranholdt**

□□: KSV 90 Kirchheilingen

□□: 107

□□: 10.00 km

10 km Lauf

□□□□:

Senioren M50 (50-54) A

□□□: 56:49

□□: 10.56 km/h

□□□□: 5:40 min/km

□□□□□/□□□: 12 (of 20)

□□□□□/□: 11 (of 17)

□□□□□□: 35:17

□□□□□: 3(of 3)

□□□□□□□: 39:07