



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Kästner, Kerstin

Club: Empor Bad Langensalza  
Number: 218

Course: 5.00 km  
5 km Lauf

Category:  
Seniorinnen W65 (65-69 Jahre)

Total time: 33:26

Speed: 8.97 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 19 (of 39)

Rank in course/Women: 8 (of 21)

Best time in course: 28:03

Rank in category: 1(of 1)

Best time in the category: 33:26