



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Herrmann, Steffi

Club: Bad Tennstedt
Number: 214

Course: 5.00 km
5 km Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 35:09

Speed: 8.53 km/h
Running performance: 7:02 min/km

Rank in course/Total: 25 (of 39)
Rank in course/Women: 12 (of 21)
Best time in course: 28:03

Rank in category: 5(of 5)
Best time in the category: 30:38