



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Lorbeer, Nicole

Club: Bad Langensalza
Number: 220

Course: 5.00 km
5 km Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 39:19

Speed: 7.63 km/h
Running performance: 7:52 min/km

Rank in course/Total: 36 (of 39)
Rank in course/Women: 19 (of 21)
Best time in course: 28:03

Rank in category: 2(of 2)
Best time in the category: 28:30