



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

**Knäbe, Sandra**

Club: Kirchheilingen  
Number: 111

Course: 10.00 km  
10 km Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:11:37

Speed: 8.38 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 27 (of 27)

Rank in course/Women: 3 (of 3)

Best time in course: 51:36

Rank in category: 1(of 1)

Best time in the category: 1:11:37