



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

**Nehlert, Lara-Sophie**

Club: Ballhausen  
Number: 384

Course: 3.50 km  
Spaßlauf

Category:  
weibliche Jugend U14 (12-13)

Total time: 31:36

Speed: 5.70 km/h  
Running performance: 9:02 min/km

Rank in course/Total: 48 (of 73)

Rank in course/Women: 13 (of 32)

Best time in course: 23:33

Rank in category: 9(of 20)

Best time in the category: 24:18