



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Karl, Mina Pauline

Club: HSG Nordhausen
Number: 216

Course: 5.00 km
5 km Lauf

Category:
weibliche Jugend U16 (14-15)

Total time: 29:33

Speed: 10.15 km/h
Running performance: 5:55 min/km

Rank in course/Total: 12 (of 39)

Rank in course/Women: 3 (of 21)

Best time in course: 28:03

Rank in category: 1(of 2)

Best time in the category: 29:33