



6. Novalislauf Bad Tennstedt
Bad Tennstedt / 09.09.2023

Detailed evaluation

Heymann, Rebecca

Club: TMP Läufer
Number: 215

Course: 5.00 km
5 km Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 30:38

Speed: 9.79 km/h
Running performance: 6:08 min/km

Rank in course/Total: 13 (of 39)
Rank in course/Women: 4 (of 21)
Best time in course: 28:03

Rank in category: 1(of 5)
Best time in the category: 30:38