



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