



## 6. Novalislauf Bad Tennstedt

Bad Tennstedt / 09.09.2023

### Detailed evaluation

**Rode, Jana**

Club: Little valde vita

Number: 230

Course: 5.00 km

5 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 31:05

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 14 (of 39)

Rank in course/Women: 5 (of 21)

Best time in course: 28:03

Rank in category: 1(of 2)

Best time in the category: 31:05