



6. Novalislauf Bad Tennstedt  
Bad Tennstedt / 09.09.2023

Detailed evaluation

Dembeck, Katja

Club: DaRoTel Runner?s  
Number: 203

Course: 5.00 km  
5 km Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 32:19

Speed: 9.28 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 15 (of 39)  
Rank in course/Women: 6 (of 21)  
Best time in course: 28:03

Rank in category: 2(of 5)  
Best time in the category: 30:38