



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Nadin Lange

Club: Atemlos auf der Flucht
Number: 356

Course: 3.50 km
Spaßlauf

Category:
Seniorinnen W40 (40-44)

Total time: 36:17

Speed: 4.96 km/h
Running performance: 10:21 min/km

Rank in course/Total: 64 (of 86)
Rank in course/Women: 32 (of 46)
Best time in course: 25:51

Rank in category: 3(of 5)
Best time in the category: 33:01