



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

**Mandy Van Humbeeck**

Club: Run4Kids

Number: 241

Course: 5.00 km

5 km Lauf

Category:

Seniorinnen W35 (35-39) B

Total time: 31:35

Speed: 9.50 km/h

Running performance: 6:18 min/km

Rank in course/Total: 26 (of 45)

Rank in course/Women: 4 (of 17)

Best time in course: 27:49

Rank in category: 1(of 5)

Best time in the category: 31:35