



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Katja Dembeck

Club: DaRoTel Runner`s
Number: 209

Course: 5.00 km
5 km Lauf

Category:
Seniorinnen W35 (35-39) B

Total time: 31:54

Speed: 9.40 km/h
Running performance: 6:22 min/km

Rank in course/Total: 27 (of 45)
Rank in course/Women: 5 (of 17)
Best time in course: 27:49

Rank in category: 2(of 5)
Best time in the category: 31:35