



7. Novalislauf Bad Tennstedt
Bad Tennstedt / 07.09.2024

Detailed evaluation

Nadin Lange

Number: 225

Course: 5.00 km
5 km Lauf

Category:

Seniorinnen W40 (40-44) B

Total time: 39:30

Speed: 7.59 km/h

Running performance: 7:54 min/km

Rank in course/Total: 44 (of 45)

Rank in course/Women: 15 (of 17)

Best time in course: 27:49

Rank in category: 2(of 2)

Best time in the category: 29:32