



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

Heike Daume

Club: Run4Kids Sömmerda e.V.  
Number: 253

Course: 5.00 km  
5 km Nordic Walking

Category:  
Nordic Walking Frauen

Total time: 52:56

Speed: 5.67 km/h  
Running performance: 10:35 min/km

Rank in course/Total: 25 (of 27)  
Rank in course/Women: 19 (of 21)

Best time in course: 40:50

Rank in category: 14(of 16)  
Best time in the category: 40:50