



7. Novalislauf Bad Tennstedt  
Bad Tennstedt / 07.09.2024

Detailed evaluation

**Moana Seyfarth-Opel**

Club: Quellprinzessin Bad Tennstedt  
Number: 269

Course: 5.00 km  
5 km Nordic Walking

Category:  
Nordic Walking Frauen

Total time: 1:02:25

Speed: 4.81 km/h  
Running performance: 12:28 min/km

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

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