



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Nguyen, Thu Thao

Club: MTV Niedersachswerfen
Number: 181

Course: 3.30 km
1 Runde

Category:
weibliche Jugend U14 (12 und 13 Jahre)

Total time: 19:33

Speed: 9.21 km/h
Running performance: 5:55 min/km

Rank in course/Total: 64 (of 79)
Rank in course/Women: 28 (of 36)
Best time in course: 13:50

Rank in category: 7(of 11)
Best time in the category: 13:50