



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Krüger, Constanze

Club: Ellrich  
Number: 171

Course: 3.30 km  
1 Runde

Category:  
Seniorinnen W45

Total time: 21:43

Speed: 8.29 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 73 (of 79)  
Rank in course/Women: 32 (of 36)  
Best time in course: 13:50

Rank in category: 2(of 2)  
Best time in the category: 17:09