



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Urban, Heike

Club: VfL 28 Ellrich
Number: 202

Course: 6.60 km
2 Runden

Category:
Seniorinnen W45

Total time: 35:47

Speed: 10.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 34 (of 49)

Rank in course/Women: 4 (of 9)

Best time in course: 25:53

Rank in category: 1(of 1)

Best time in the category: 35:47