



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Seitz, Stephanie

Club: Nordhausen  
Number: 307

Course: 9.90 km  
3 Runden

Category:  
Frauen

Total time: 50:50

Speed: 10.62 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 53 (of 69)  
Rank in course/Women: 5 (of 10)  
Best time in course: 35:53

Rank in category: 2(of 4)  
Best time in the category: 42:42