



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Apel, Manuela

Club: Kelbra
Number: 314

Course: 9.90 km
3 Runden

Category:
Seniorinnen W40

Total time: 56:19

Speed: 9.59 km/h
Running performance: 5:41 min/km

Rank in course/Total: 64 (of 69)
Rank in course/Women: 8 (of 10)
Best time in course: 35:53

Rank in category: 1(of 1)
Best time in the category: 56:19