



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

**Pollag, Julia**

Club: ASV Sangerhausen  
Number: 110

Course: 3.30 km  
1 Runde

Category:  
weibliche Jugend U16 (14 und 15 Jahre)

Total time: 16:00

Speed: 11.25 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 22 (of 79)  
Rank in course/Women: 6 (of 36)  
Best time in course: 13:50

Rank in category: 1(of 3)  
Best time in the category: 16:00