



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Schilder, Silke

Club: LV Altstadt 98 Nordhausen e.V.  
Number: 23

Course: 1.00 km  
Jedermannlauf

Category:  
Seniorinnen W45

Total time: 7:07

Speed: 8.43 km/h  
Running performance: 7:07 min/km

Rank in course/Total: 61 (of 99)  
Rank in course/Women: 31 (of 49)  
Best time in course: 4:44

Rank in category: 1(of 1)  
Best time in the category: 7:07