



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

Nguyen, Thu Thao

Club: MTV Niedersachswerfen e.V.  
Number: 193

Course: 3.30 km  
1 Runde 3,3 km

Category:  
weibliche Jugend U16 (14 und 15 Jahre)

Total time: 23:24

Speed: 7.69 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 84 (of 97)  
Rank in course/Women: 30 (of 40)  
Best time in course: 15:50

Rank in category: 7(of 10)  
Best time in the category: 17:35