



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Spangenberg, Jessica

Club: Nordhausen
Number: 254

Course: 3.30 km
1 Runde 3,3 km

Category:
weibliche Kinder U12 (10 und 11 Jahre)

Total time: 25:17

Speed: 7.12 km/h
Running performance: 7:40 min/km

Rank in course/Total: 94 (of 97)

Rank in course/Women: 37 (of 40)

Best time in course: 15:50

Rank in category: 6(of 6)

Best time in the category: 17:00