



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