



7. Lauf Rund um das Schaubergwerk Röhrigschacht Sangerhausen / 28.03.2015

Detailed evaluation

Binnemann, Helga

Club: Nordic Walking Südharz Sangerhausen
Number: 114

Course: 14.60 km
14,6 km Nordic Walking/ Wandern

Category:

Damen

Total time: 2:19:16

Speed: 6.29 km/h

Running performance: 9:32 min/km

Rank in course/Total: 11 (of 28)

Rank in course/Women: 3 (of 16)

Best time in course: 2:18:50

Rank in category: 3(of 16)

Best time in the category: 2:18:50