



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Gastel, Petra

Club: Nordhausen

Number: 108

Course: 7.20 km

Pokallauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 45:48

Speed: 9.17 km/h

Running performance: 6:22 min/km

Rank in course/Total: 50 (of 55)

Rank in course/Women: 7 (of 11)

Best time in course: 29:28

Rank in category: 2(of 2)

Best time in the category: 43:14