



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

**Grippon, Erin**

Club: Ellrich

Number: 146

Course: 7.20 km

Pokallauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 46:15

Speed: 9.08 km/h

Running performance: 6:25 min/km

Rank in course/Total: 52 (of 55)

Rank in course/Women: 9 (of 11)

Best time in course: 29:28

Rank in category: 1(of 1)

Best time in the category: 46:15