



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Panterodt, Anke

Club: KSK Nordhausen

Number: 101

Course: 7.20 km

Pokallauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 46:30

Speed: 9.03 km/h

Running performance: 6:28 min/km

Rank in course/Total: 53 (of 55)

Rank in course/Women: 10 (of 11)

Best time in course: 29:28

Rank in category: 1(of 1)

Best time in the category: 46:30