



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Gryphan, Sophie

Club: LV Altstadt '98

Number: 6

Course: 2.30 km

Schnupperlauf

Category:

weibliche Jugend U12 (10-11 Jahre)

Total time: 10:58

Speed: 10.94 km/h

Running performance: 4:46 min/km

Rank in course/Total: 5 (of 30)

Rank in course/Women: 1 (of 14)

Best time in course: 10:58

Rank in category: 1(of 4)

Best time in the category: 10:58