



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

**Benkstein, Steffi**

Club: SG Leimbach

Number: 55

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 22:33

Speed: 7.98 km/h

Running performance: 5:47 min/km

Rank in course/Total: 37 (of 48)

Rank in course/Women: 6 (of 11)

Best time in course: 19:04

Rank in category: 2(of 3)

Best time in the category: 21:31