



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

**Katrin, Ruth**

Club: NDH Reitdub Wollersleben

Number: 57

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 20:51

Speed: 8.63 km/h

Running performance: 5:21 min/km

Rank in course/Total: 28 (of 48)

Rank in course/Women: 2 (of 11)

Best time in course: 19:04

Rank in category: 1(of 3)

Best time in the category: 20:51