



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

**Urban, Heike**

Club: VfL 28 Ellrich

Number: 42

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 22:00

Speed: 8.18 km/h

Running performance: 5:38 min/km

Rank in course/Total: 34 (of 48)

Rank in course/Women: 5 (of 11)

Best time in course: 19:04

Rank in category: 2(of 3)

Best time in the category: 20:51