



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Grundmann, Nang

Club: NDH

Number: 54

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 29:09

Speed: 6.17 km/h

Running performance: 7:28 min/km

Rank in course/Total: 48 (of 48)

Rank in course/Women: 11 (of 11)

Best time in course: 19:04

Rank in category: 3(of 3)

Best time in the category: 21:31