



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Steinbrecher, Lena Sophie**

Club: Plasma Service Europe GmbH  
Number: 155

Course: 3.30 km  
1 Runde 3,3 km

Category:  
weibliche Jugend U14 (12 und 13 Jahre)

Total time: 15:51

Speed: 11.36 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 21 (of 113)

Rank in course/Women: 7 (of 52)

Best time in course: 15:18

Rank in category: 2(of 10)

Best time in the category: 15:25