



## 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

### Detailed evaluation

**Krist, Alexandra**

Club: Nordhausen

Number: 199

Course: 3.30 km

1 Runde 3,3 km

Category:

Seniorinnen W40

Total time: 15:49

Speed: 11.38 km/h

Running performance: 4:47 min/km

Rank in course/Total: 19 (of 113)

Rank in course/Women: 5 (of 52)

Best time in course: 15:18

Rank in category: 1(of 4)

Best time in the category: 15:49