



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

Rosenstock, Lydia

Club: Nordhausen

Number: 200

Course: 3.30 km

1 Runde 3,3 km

Category:

Seniorinnen W45

Total time: 17:36

Speed: 10.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 44 (of 113)

Rank in course/Women: 18 (of 52)

Best time in course: 15:18

Rank in category: 2(of 4)

Best time in the category: 17:15