



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Ruth, Katrin

Club: Reitclub Wollersleben

Number: 202

Course: 3.30 km

1 Runde 3,3 km

Category:

Seniorinnen W45

Total time: 17:39

Speed: 10.20 km/h

Running performance: 5:21 min/km

Rank in course/Total: 46 (of 113)

Rank in course/Women: 19 (of 52)

Best time in course: 15:18

Rank in category: 3(of 4)

Best time in the category: 17:15