



12. NORDHÄUSER CITYLAUF  
Nordhausen / 18.09.2016

Detailed evaluation

Meister, Sarah-Isabell

Club: VfL 28 Ellrich  
Number: 259

Course: 3.30 km  
1 Runde 3,3 km

Category:  
weibliche Jugend U16 (14 und 15 Jahre)

Total time: 21:10

Speed: 8.50 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 81 (of 113)

Rank in course/Women: 36 (of 52)

Best time in course: 15:18

Rank in category: 5(of 6)

Best time in the category: 15:42