



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Prenzel, Heidi

Club: VfL 28 Ellrich
Number: 261

Course: 3.30 km
1 Runde 3,3 km

Category:
Seniorinnen W45

Total time: 22:05

Speed: 8.15 km/h
Running performance: 6:41 min/km

Rank in course/Total: 90 (of 113)
Rank in course/Women: 41 (of 52)
Best time in course: 15:18

Rank in category: 4(of 4)
Best time in the category: 17:15