



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Hesse, Sandra

Club: Landkreis Nordhausen
Number: 166

Course: 3.30 km
1 Runde 3,3 km

Category:
Seniorinnen W40

Total time: 23:12

Speed: 7.76 km/h
Running performance: 7:02 min/km

Rank in course/Total: 98 (of 113)
Rank in course/Women: 45 (of 52)
Best time in course: 15:18

Rank in category: 3(of 4)
Best time in the category: 15:49