



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: 8.53 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