



12. NORDHÄUSER CITYLAUF
Nordhausen / 18.09.2016

Detailed evaluation

Adam, Gabriele

Club: Nordhausen
Number: 204

Course: 3.30 km
1 Runde 3,3 km

Category:
Seniorinnen W55

Total time: 18:27

Speed: 9.76 km/h
Running performance: 5:35 min/km

Rank in course/Total: 55 (of 113)
Rank in course/Women: 23 (of 52)
Best time in course: 15:18

Rank in category: 1(of 2)
Best time in the category: 18:27