



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