



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

Israel, Lydia

Club: Nordhausen

Number: 196

Course: 3.30 km

1 Runde 3,3 km

Category:

Seniorinnen W30

Total time: 16:55

Speed: 10.64 km/h

Running performance: 5:08 min/km

Rank in course/Total: 33 (of 113)

Rank in course/Women: 11 (of 52)

Best time in course: 15:18

Rank in category: 1(of 2)

Best time in the category: 16:55