



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Pflüger, Claidia

Club: Triathlon SV 90 Nordhausen

Number: 42

Course: 7.20 km

Pokallauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 38:58

Speed: 10.78 km/h

Running performance: 5:25 min/km

Rank in course/Total: 45 (of 65)

Rank in course/Women: 5 (of 12)

Best time in course: 36:01

Rank in category: 3(of 4)

Best time in the category: 37:17