



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Helbing, Sabine

Club: Nordhausen

Number: 99

Course: 7.20 km

Pokallauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 39:01

Speed: 10.76 km/h

Running performance: 5:25 min/km

Rank in course/Total: 46 (of 65)

Rank in course/Women: 6 (of 12)

Best time in course: 36:01

Rank in category: 1(of 2)

Best time in the category: 39:01