



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Urban, Heike**

Club: VfL28 Ellrich

Number: 81

Course: 7.20 km

Pokallauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 40:13

Speed: 10.44 km/h

Running performance: 5:35 min/km

Rank in course/Total: 53 (of 65)

Rank in course/Women: 7 (of 12)

Best time in course: 36:01

Rank in category: 1(of 2)

Best time in the category: 40:13