



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Gastel, Petra**

Club: Nordhausen

Number: 26

Course: 7.20 km

Pokallauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 44:43

Speed: 9.39 km/h

Running performance: 6:13 min/km

Rank in course/Total: 60 (of 65)

Rank in course/Women: 11 (of 12)

Best time in course: 36:01

Rank in category: 2(of 2)

Best time in the category: 39:01