



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Nebelung, Kerstin

Club: Werther/Thueringen

Number: 39

Course: 7.20 km

Pokallauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 46:24

Speed: 9.05 km/h

Running performance: 6:26 min/km

Rank in course/Total: 63 (of 65)

Rank in course/Women: 12 (of 12)

Best time in course: 36:01

Rank in category: 2(of 2)

Best time in the category: 40:13