



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Krist, Alexandra**

Club: Nordhausen

Number: 11

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 19:08

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 16 (of 42)

Rank in course/Women: 2 (of 15)

Best time in course: 17:20

Rank in category: 1(of 1)

Best time in the category: 19:08