



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Adam, Gabriele**

Club: Nordhausen

Number: 2

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 21:01

Speed: 8.56 km/h

Running performance: 5:23 min/km

Rank in course/Total: 26 (of 42)

Rank in course/Women: 8 (of 15)

Best time in course: 17:20

Rank in category: 1(of 1)

Best time in the category: 21:01