



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Schneider, Sandra

Club: Neustadt

Number: 198

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 22:05

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 30 (of 42)

Rank in course/Women: 10 (of 15)

Best time in course: 17:20

Rank in category: 1(of 2)

Best time in the category: 22:05