



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Pflüger, Inara- Estell

Club: Triathlon SV 90 Nordhausen

Number: 64

Course: 2.30 km

Schnupperlauf

Category:

weibliche Jugend U10 (8-9 Jahre)

Total time: 11:06

Speed: 10.81 km/h

Running performance: 4:50 min/km

Rank in course/Total: 6 (of 33)

Rank in course/Women: 2 (of 18)

Best time in course: 9:05

Rank in category: 1(of 8)

Best time in the category: 11:06