



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Kiel, Silke

Club: Sv Hannovera Niedersachswerfen

Number: 190

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 23:55

Speed: 9.78 km/h

Running performance: 6:08 min/km

Rank in course/Total: 36 (of 42)

Rank in course/Women: 13 (of 15)

Best time in course: 17:20

Rank in category: 2(of 2)

Best time in the category: 22:05