



## 9. Lauf Rund um das Schaubergwerk Röhrigschacht

Sangerhausen / 01.04.2017

### Detailed evaluation

**ROST, Sandy**

Club: SSV MG Ahlsdorf

Number: 456

Course: 5.10 km

5,1 km Nordic Walking/ Wandern

Category:

Damen

Total time: 47:36

Speed: 6.30 km/h

Running performance: 9:20 min/km

Rank in course/Total: 2 (of 14)

Rank in course/Women: 1 (of 13)

Best time in course: 47:36

Rank in category: 1(of 13)

Best time in the category: 47:36