



## 31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

### Detailed evaluation

**Helbing, Sabine**

Club: Nordhausen

Number: 181

Course: 6.50 km

Pokallauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 32:59

Speed: 10.91 km/h

Running performance: 5:04 min/km

Rank in course/Total: 58 (of 81)

Rank in course/Women: 7 (of 14)

Best time in course: 20:32

Rank in category: 2(of 3)

Best time in the category: 20:32