



## 31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

### Detailed evaluation

**KRIST, Alexandra**

Club: Nordhausen

Number: 50

Course: 6.50 km

Pokallauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 38:08

Speed: 9.44 km/h

Running performance: 5:52 min/km

Rank in course/Total: 70 (of 81)

Rank in course/Women: 12 (of 14)

Best time in course: 20:32

Rank in category: 3(of 3)

Best time in the category: 33:04