



## 31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

### Detailed evaluation

**ADAM, Gabriele**

Club: Nordhausen

Number: 74

Course: 3.40 km

Hobbylauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 17:54

Speed: 10.06 km/h

Running performance: 5:16 min/km

Rank in course/Total: 24 (of 53)

Rank in course/Women: 7 (of 21)

Best time in course: 15:23

Rank in category: 1(of 2)

Best time in the category: 17:54