



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Helbing, Sabine

Club: Nordhausen

Number: 159

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 22:40

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 45 (of 69)

Rank in course/Women: 12 (of 28)

Best time in course: 19:36

Rank in category: 2(of 4)

Best time in the category: 21:51