



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Dohle, Silke

Club: Nordhausen

Number: 64

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 44:57

Speed: 9.34 km/h

Running performance: 6:25 min/km

Rank in course/Total: 62 (of 66)

Rank in course/Women: 16 (of 17)

Best time in course: 30:26

Rank in category: 3(of 3)

Best time in the category: 39:49