



Nolte, Katharina

□□: Eslohe
□□: 651

☐: 5.00 km Jogginglauf

Frauen (20-29 Jahre)

□□□: 27:49

□□: 10.78 km/h

□□□: 5:34 min/km

_____: 11 (of 22)

□□□□/□: 7 (of 14)

[][][]: 23:30

____: 2(of 3)

____: 25:49

	km		min/km	-	-			km		min/km	-	-		
Wendestelle	2.50	13:58	5:35	2	0:09	5	2:16	2.50	13:58	5:35	2	0:09	5	2:16
	2.50	13:51	5:32	2	1:51	5	2:03	5.00	27:49	5:33	2	2:00	7	4:19