



12. NORDHÄUSER CITYLAUF  
Nordhausen / 18.09.2016

Detailed evaluation

Siebold, Paul

Club: NSV - Handball  
Number: 95

Course: 1.10 km  
Schnupperlauf

Category:  
männliche Kinder U10 (8 und 9 Jahre)

Total time: 5:54

Speed: 10.17 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 55 (of 132)

Rank in course/Men: 30 (of 71)

Best time in course: 4:30

Rank in category: 19(of 28)

Best time in the category: 4:32