



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Gulden, Lena**

Club: Nordhausen

Number: 8

Course: 3.90 km

Hobbylauf

Category:

weibliche Jugend U12 (10-11 Jahre)

Total time: 23:14

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 32 (of 42)

Rank in course/Women: 11 (of 15)

Best time in course: 17:20

Rank in category: 5(of 6)

Best time in the category: 17:20