



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

Spangenberg, Tami

Total time: 11:45

Number: 166

Speed: 11.74 km/h

Running performance: 5:07 min/km

Course: 2.30 km

Rank in course/Total: 14 (of 60)

Schnupperlauf

Rank in course/Women: 8 (of 30)

Best time in course: 9:02

Category:

Rank in category: 2(of 5)

weibliche Jugend U14 (12-13 Jahre)

Best time in the category: 10:21