



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Spangenberg, Tami**

Club: LV Altstadt98

Number: 234

Course: 2.30 km

Schnupperlauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 12:08

Speed: 9.89 km/h

Running performance: 5:17 min/km

Rank in course/Total: 11 (of 37)

Rank in course/Women: 4 (of 18)

Best time in course: 10:39

Rank in category: 3(of 6)

Best time in the category: 11:12