



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Zwoll, Henrik Dave**

Club: LV Altstadt98

Number: 241

Course: 2.30 km

Schnupperlauf

Category:

männliche Jugend U10 (8-9 Jahre)

Total time: 13:12

Speed: 9.09 km/h

Running performance: 5:44 min/km

Rank in course/Total: 12 (of 37)

Rank in course/Men: 8 (of 19)

Best time in course: 9:45

Rank in category: 7(of 11)

Best time in the category: 11:10