



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Karl, Emil

Club: BSG Altstadt 05 Nordhausen Boxen
Number: 218

Course: 2.30 km
Schnupperlauf

Category:
männliche Jugend U10 (8-9 Jahre)

Total time: 13:41

Speed: 8.77 km/h
Running performance: 5:57 min/km

Rank in course/Total: 19 (of 37)

Rank in course/Men: 11 (of 19)

Best time in course: 9:45

Rank in category: 9(of 11)

Best time in the category: 11:10