



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Köhler, Alwin**

Club: LV Altstadt

Number: 220

Course: 2.30 km

Schnupperlauf

Category:

männliche Jugend U12 (10-11 Jahre)

Total time: 16:06

Speed: 7.45 km/h

Running performance: 7:00 min/km

Rank in course/Total: 32 (of 37)

Rank in course/Men: 16 (of 19)

Best time in course: 9:45

Rank in category: 2(of 2)

Best time in the category: 9:45