



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Graßhoff, Lillith

Club: LV Altstadt98

Number: 112

Course: 3.90 km

Hobbylauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 20:57

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 18 (of 69)

Rank in course/Women: 6 (of 29)

Best time in course: 19:11

Rank in category: 2(of 2)

Best time in the category: 20:06