



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

Höpker, Carla

Club: Triathlon Nordhausen e.V.

Number: 120

Course: 3.90 km

Hobbylauf

Category:

weibliche Jugend U12 (10-11 Jahre)

Total time: 23:36

Speed: 7.63 km/h

Running performance: 6:03 min/km

Rank in course/Total: 40 (of 69)

Rank in course/Women: 14 (of 29)

Best time in course: 19:11

Rank in category: 3(of 4)

Best time in the category: 20:15