



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Machonze, Sirko

Club: Hamburg

Number: 80

Course: 3.90 km

Hobbylauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 21:08

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 32 (of 69)

Rank in course/Men: 25 (of 41)

Best time in course: 14:15

Rank in category: 4(of 4)

Best time in the category: 14:15