



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Nebelung, Marco

Number: 11

Course: 7.00 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 29:25

Speed: 14.28 km/h

Running performance: 4:12 min/km

Rank in course/Total: 6 (of 66)

Rank in course/Men: 6 (of 49)

Best time in course: 26:54

Rank in category: 2(of 6)

Best time in the category: 28:10