



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Herda, Michael Herda

Total time: 30:15

Number: 1

Speed: 13.88 km/h

Running performance: 4:19 min/km

Course: 7.00 km

Rank in course/Total: 8 (of 66)

Pokallauf

Rank in course/Men: 8 (of 49)

Best time in course: 26:54

Category:

Rank in category: 1(of 9)

Senioren M35 (35-39 Jahre)

Best time in the category: 30:15