



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

König, Steffen

Total time: 32:12

Number: 23

Speed: 13.04 km/h

Running performance: 4:36 min/km

Course: 7.00 km

Rank in course/Total: 12 (of 66)

Pokallauf

Rank in course/Men: 11 (of 49)

Best time in course: 26:54

Category:

Rank in category: 1(of 7)

Senioren M40 (40-44 Jahre)

Best time in the category: 32:12