



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Dassler, Normen

Club: Triathlon Nordhausen

Number: 43

Course: 7.00 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 32:12

Speed: 13.04 km/h

Running performance: 4:36 min/km

Rank in course/Total: 13 (of 66)

Rank in course/Men: 11 (of 49)

Best time in course: 26:54

Rank in category: 2(of 9)

Best time in the category: 30:15