



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Riemann, Helge

Total time: 32:35

Number: 16

Speed: 12.89 km/h

Running performance: 4:39 min/km

Course: 7.00 km

Rank in course/Total: 15 (of 66)

Pokallauf

Rank in course/Men: 14 (of 49)

Best time in course: 26:54

Category:

Rank in category: 2(of 6)

Senioren M50 (50-54 Jahre)

Best time in the category: 28:59