



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Krettek, Heiko

Total time: 32:42

Number: 31

Speed: 12.84 km/h

Running performance: 4:40 min/km

Course: 7.00 km

Rank in course/Total: 16 (of 66)

Pokallauf

Rank in course/Men: 15 (of 49)

Best time in course: 26:54

Category:

Rank in category: 3(of 6)

Senioren M50 (50-54 Jahre)

Best time in the category: 28:59