



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

Kolditz, Sebastian

Total time: 33:07

Number: 24

Speed: 12.68 km/h

Running performance: 4:44 min/km

Course: 7.00 km

Rank in course/Total: 19 (of 66)

Pokallauf

Rank in course/Men: 18 (of 49)

Best time in course: 26:54

Category:

Rank in category: 3(of 6)

Senioren M30 (30-34 Jahre)

Best time in the category: 28:10