



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Elter, Sandro

Club: GW Uthleben

Number: 65

Course: 7.00 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 34:13

Speed: 12.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 21 (of 66)

Rank in course/Men: 20 (of 49)

Best time in course: 26:54

Rank in category: 4(of 9)

Best time in the category: 30:15