



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Köhler, Marcus

Club: Hohenstein

Number: 40

Course: 7.00 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 36:23

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 29 (of 66)

Rank in course/Men: 27 (of 49)

Best time in course: 26:54

Rank in category: 6(of 9)

Best time in the category: 30:15