



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Rieger, Alexandra

Club: Jahreswechsel R&R 2018

Number: 44

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 36:34

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 30 (of 66)

Rank in course/Women: 3 (of 17)

Best time in course: 30:26

Rank in category: 1(of 3)

Best time in the category: 36:34