



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Guder, Steffen

Total time: 36:46

Number: 7

Speed: 11.42 km/h

Running performance: 5:15 min/km

Course: 7.00 km

Rank in course/Total: 31 (of 66)

Pokallauf

Rank in course/Men: 28 (of 49)

Best time in course: 26:54

Category:

Rank in category: 1(of 1)

Senioren M55 (55-59 Jahre)

Best time in the category: 36:46