



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

Liebram, Alexander

Club: Nohra

Number: 53

Course: 7.00 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 36:55

Speed: 11.38 km/h

Running performance: 5:16 min/km

Rank in course/Total: 32 (of 66)

Rank in course/Men: 29 (of 49)

Best time in course: 26:54

Rank in category: 4(of 6)

Best time in the category: 28:10