



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

Krist, Alexandra

Total time: 37:52

Number: 39

Speed: 11.09 km/h

Running performance: 5:25 min/km

Course: 7.00 km

Rank in course/Total: 36 (of 66)

Pokallauf

Rank in course/Women: 5 (of 17)

Best time in course: 30:26

Category:

Rank in category: 1(of 4)

Seniorinnen W40 (40-44 Jahre)

Best time in the category: 37:52