



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Rauesch, Georg

Club: SV Wacher Rohhleberode

Number: 56

Course: 7.00 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 39:24

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 42 (of 66)

Rank in course/Men: 36 (of 49)

Best time in course: 26:54

Rank in category: 3(of 7)

Best time in the category: 32:12