



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

Flasche, Mike

Total time: 40:01

Number: 58

Speed: 10.50 km/h

Running performance: 5:43 min/km

Course: 7.00 km

Rank in course/Total: 46 (of 66)

Pokallauf

Rank in course/Men: 39 (of 49)

Best time in course: 26:54

Category:

Rank in category: 4(of 5)

Senioren M45 (45-49 Jahre)

Best time in the category: 27:04