



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Rieder, Carsten

Club: Jahreswechsel R&R2018

Number: 197

Course: 2.30 km

Schnupperlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 12:45

Speed: 9.41 km/h

Running performance: 5:32 min/km

Rank in course/Total: 24 (of 60)

Rank in course/Men: 12 (of 30)

Best time in course: 10:34

Rank in category: 1(of 2)

Best time in the category: 12:45