



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Vollack, Marko

Club: Triathlon Nordhausen

Number: 155

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 18:21

Speed: 9.81 km/h

Running performance: 4:43 min/km

Rank in course/Total: 10 (of 69)

Rank in course/Men: 10 (of 41)

Best time in course: 14:15

Rank in category: 2(of 7)

Best time in the category: 17:58