



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Knabe, Norman

Total time: 18:45

Number: 134

Speed: 9.60 km/h

Running performance: 4:49 min/km

Course: 3.90 km

Rank in course/Total: 14 (of 69)

Hobbylauf

Rank in course/Men: 14 (of 41)

Best time in course: 14:15

Category:

Rank in category: 3(of 4)

Senioren M30 (30-34 Jahre)

Best time in the category: 14:15