



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

**Bosse, Sirko**

Club: Nordhausen

Number: 151

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:48

Speed: 9.09 km/h

Running performance: 5:05 min/km

Rank in course/Total: 20 (of 69)

Rank in course/Men: 18 (of 41)

Best time in course: 14:15

Rank in category: 3(of 7)

Best time in the category: 17:58