



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

**Werner, Frank**

Club: Wasserwacht NDH

Number: 160

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:06

Speed: 8.14 km/h

Running performance: 5:40 min/km

Rank in course/Total: 39 (of 69)

Rank in course/Men: 30 (of 41)

Best time in course: 14:15

Rank in category: 4(of 7)

Best time in the category: 17:58