



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

Adam, Gabriele

Total time: 22:02

Number: 122

Speed: 8.17 km/h

Running performance: 5:39 min/km

Course: 3.90 km

Rank in course/Total: 38 (of 69)

Hobbylauf

Rank in course/Women: 9 (of 28)

Best time in course: 19:36

Category:

Rank in category: 1(of 1)

Seniorinnen W55 (55-59 Jahre)

Best time in the category: 22:02