



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Lier, Daniela

Club: Nordhausen

Number: 132

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 26:43

Speed: 6.74 km/h

Running performance: 6:51 min/km

Rank in course/Total: 61 (of 69)

Rank in course/Women: 25 (of 29)

Best time in course: 19:11

Rank in category: 3(of 3)

Best time in the category: 22:44