



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Makarinus, Robert**

Club: Nordhausen

Number: 22

Course: 7.00 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 27:19

Speed: 15.38 km/h

Running performance: 3:54 min/km

Rank in course/Total: 1 (of 59)

Rank in course/Men: 1 (of 45)

Best time in course: 27:19

Rank in category: 1(of 10)

Best time in the category: 27:19