



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Münster, Thomas

Club: Gummibärenbande

Number: 24

Course: 7.00 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 28:52

Speed: 14.55 km/h

Running performance: 4:07 min/km

Rank in course/Total: 5 (of 59)

Rank in course/Men: 4 (of 45)

Best time in course: 27:19

Rank in category: 1(of 6)

Best time in the category: 28:52