



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Nebelung, Marco

Club: LV Altstadt98

Number: 25

Course: 7.00 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 28:52

Speed: 14.55 km/h

Running performance: 4:07 min/km

Rank in course/Total: 4 (of 59)

Rank in course/Men: 4 (of 45)

Best time in course: 27:19

Rank in category: 1(of 11)

Best time in the category: 28:52