



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Konschak, Ulrich

Club: Orthim Triathlon Team

Number: 16

Course: 7.00 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 29:13

Speed: 14.38 km/h

Running performance: 4:10 min/km

Rank in course/Total: 7 (of 59)

Rank in course/Men: 7 (of 45)

Best time in course: 27:19

Rank in category: 2(of 7)

Best time in the category: 28:29