



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Kochanski, Jörg

Club: LG Ohmbachsee

Number: 55

Course: 7.00 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 29:40

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 9 (of 59)

Rank in course/Men: 9 (of 45)

Best time in course: 27:19

Rank in category: 3(of 7)

Best time in the category: 28:29