



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Herda, Michael**

Club: Runningcrew GW

Number: 8

Course: 7.00 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 30:44

Speed: 13.67 km/h

Running performance: 4:23 min/km

Rank in course/Total: 12 (of 59)

Rank in course/Men: 12 (of 45)

Best time in course: 27:19

Rank in category: 3(of 11)

Best time in the category: 28:52