



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Tomas, Camangirat

Club: VFL Ellrich

Number: 50

Course: 7.00 km

Pokallauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 30:53

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 13 (of 59)

Rank in course/Men: 13 (of 45)

Best time in course: 27:19

Rank in category: 1(of 1)

Best time in the category: 30:53