



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Schäfer, Tom

Club: Harztor

Number: 31

Course: 7.00 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 31:04

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 14 (of 59)

Rank in course/Men: 14 (of 45)

Best time in course: 27:19

Rank in category: 4(of 10)

Best time in the category: 27:19