



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

Zill, Hendrik

Total time: 31:55

Number: 48

Speed: 13.16 km/h

Running performance: 4:34 min/km

Course: 7.00 km

Rank in course/Total: 16 (of 59)

Pokallauf

Rank in course/Men: 16 (of 45)

Best time in course: 27:19

Category:

Rank in category: 3(of 6)

Senioren M40 (40-44 Jahre)

Best time in the category: 28:52