



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Wilfert, Sebastian

Total time: 34:39

Number: 62

Speed: 12.12 km/h

Running performance: 4:57 min/km

Course: 7.00 km

Rank in course/Total: 21 (of 59)

Pokallauf

Rank in course/Men: 20 (of 45)

Best time in course: 27:19

Category:

Rank in category: 5(of 11)

Senioren M35 (35-39 Jahre)

Best time in the category: 28:52