



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Zill, Arwed

Total time: 35:37

Number: 47

Speed: 11.79 km/h

Running performance: 5:05 min/km

Course: 7.00 km

Rank in course/Total: 22 (of 59)

Pokallauf

Rank in course/Men: 21 (of 45)

Best time in course: 27:19

Category:

Rank in category: 1(of 1)

männliche Jugend U16 (14-15 Jahre)

Best time in the category: 35:37