



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Ramtke, Pieter

Club: Nordhausen

Number: 28

Course: 7.00 km

Pokallauf

Category:

Männer (20-29 Jahre)

Total time: 36:05

Speed: 11.64 km/h

Running performance: 5:09 min/km

Rank in course/Total: 23 (of 59)

Rank in course/Men: 22 (of 45)

Best time in course: 27:19

Rank in category: 1(of 1)

Best time in the category: 36:05