



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Rinn, Thomas

Club: Nordhausen

Number: 29

Course: 7.00 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 36:07

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 24 (of 59)

Rank in course/Men: 23 (of 45)

Best time in course: 27:19

Rank in category: 2(of 4)

Best time in the category: 28:50