



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Luhn, Sebatstian

Total time: 36:24

Number: 43

Speed: 11.54 km/h

Running performance: 5:12 min/km

Course: 7.00 km

Rank in course/Total: 28 (of 59)

Pokallauf

Rank in course/Men: 26 (of 45)

Best time in course: 27:19

Category:

Rank in category: 7(of 11)

Senioren M35 (35-39 Jahre)

Best time in the category: 28:52