



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Bosse, Sirko**

Club: Wasserwacht Nordhausen

Number: 58

Course: 7.00 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 36:46

Speed: 11.42 km/h

Running performance: 5:15 min/km

Rank in course/Total: 29 (of 59)

Rank in course/Men: 27 (of 45)

Best time in course: 27:19

Rank in category: 4(of 7)

Best time in the category: 28:29