



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Wiegand, Andreas

Club: Kein

Number: 39

Course: 7.00 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 36:47

Speed: 11.42 km/h

Running performance: 5:15 min/km

Rank in course/Total: 30 (of 59)

Rank in course/Men: 28 (of 45)

Best time in course: 27:19

Rank in category: 8(of 11)

Best time in the category: 28:52