



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Krist, Alexandra

Club: Nordhausen

Number: 18

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 37:04

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 32 (of 59)

Rank in course/Women: 3 (of 14)

Best time in course: 34:32

Rank in category: 1(of 2)

Best time in the category: 37:04