



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Heinze, Steffen

Total time: 37:06

Number: 60

Speed: 11.32 km/h

Running performance: 5:18 min/km

Course: 7.00 km

Rank in course/Total: 33 (of 59)

Pokallauf

Rank in course/Men: 30 (of 45)

Best time in course: 27:19

Category:

Rank in category: 5(of 6)

Senioren M40 (40-44 Jahre)

Best time in the category: 28:52