



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Kolditz, Sebastian

Club: FDP Nordhausen Freie Demokraten

Number: 59

Course: 7.00 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 37:26

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 34 (of 59)

Rank in course/Men: 31 (of 45)

Best time in course: 27:19

Rank in category: 5(of 10)

Best time in the category: 27:19