



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Gentzel, Margrit**

Club: Triathlon Nordhausen e.V.

Number: 5

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 37:58

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 36 (of 59)

Rank in course/Women: 4 (of 14)

Best time in course: 34:32

Rank in category: 1(of 2)

Best time in the category: 37:58