



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Schäfer, Silvia

Club: Harztor

Number: 30

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 38:27

Speed: 10.92 km/h

Running performance: 5:29 min/km

Rank in course/Total: 37 (of 59)

Rank in course/Women: 5 (of 14)

Best time in course: 34:32

Rank in category: 2(of 2)

Best time in the category: 37:58