



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Ackenhausen, Kai

Number: 1

Course: 7.00 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 38:39

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 38 (of 59)

Rank in course/Men: 33 (of 45)

Best time in course: 27:19

Rank in category: 6(of 10)

Best time in the category: 27:19