



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Pappenberg, Patrick

Total time: 38:54

Number: 27

Speed: 10.80 km/h

Running performance: 5:34 min/km

Course: 7.00 km

Rank in course/Total: 40 (of 59)

Pokallauf

Rank in course/Men: 34 (of 45)

Best time in course: 27:19

Category:

Rank in category: 9(of 11)

Senioren M35 (35-39 Jahre)

Best time in the category: 28:52