



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Richter, Andre

Club: Alpenverein

Number: 53

Course: 7.00 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 39:03

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 41 (of 59)

Rank in course/Men: 35 (of 45)

Best time in course: 27:19

Rank in category: 5(of 7)

Best time in the category: 28:29