



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Schneeberg, Mandy**

Club: Triathlon Nordhausen e.V.

Number: 33

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 39:11

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 43 (of 59)

Rank in course/Women: 8 (of 14)

Best time in course: 34:32

Rank in category: 1(of 3)

Best time in the category: 39:11