



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Hoffmann, Martin

Club: Dußlingen

Number: 9

Course: 7.00 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:26

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 44 (of 59)

Rank in course/Men: 36 (of 45)

Best time in course: 27:19

Rank in category: 7(of 10)

Best time in the category: 27:19