



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

Krolik, Michael

Total time: 40:13

Number: 19

Speed: 10.44 km/h

Running performance: 5:45 min/km

Course: 7.00 km

Rank in course/Total: 45 (of 59)

Pokallauf

Rank in course/Men: 37 (of 45)

Best time in course: 27:19

Category:

Rank in category: 8(of 10)

Senioren M30 (30-34 Jahre)

Best time in the category: 27:19