



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

Schneeberg, Frank

Club: Triathlon Nordhausen e.V.

Number: 32

Course: 7.00 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 40:59

Speed: 10.25 km/h

Running performance: 5:51 min/km

Rank in course/Total: 46 (of 59)

Rank in course/Men: 38 (of 45)

Best time in course: 27:19

Rank in category: 10(of 11)

Best time in the category: 28:52