



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Henkel, Tim

Club: Pattensen

Number: 7

Course: 7.00 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 42:12

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 49 (of 59)

Rank in course/Men: 40 (of 45)

Best time in course: 27:19

Rank in category: 10(of 10)

Best time in the category: 27:19