



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Schneider, Sandra**

Club: Harztor

Number: 35

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 43:12

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 51 (of 59)

Rank in course/Women: 10 (of 14)

Best time in course: 34:32

Rank in category: 2(of 2)

Best time in the category: 37:04