



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

Becker, Matthias

Total time: 43:30

Number: 56

Speed: 9.66 km/h

Running performance: 6:13 min/km

Course: 7.00 km

Rank in course/Total: 53 (of 59)

Pokallauf

Rank in course/Men: 42 (of 45)

Best time in course: 27:19

Category:

Rank in category: 11(of 11)

Senioren M35 (35-39 Jahre)

Best time in the category: 28:52