



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Klank, Karsten

Club: Walkenried

Number: 14

Course: 7.00 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:45

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 54 (of 59)

Rank in course/Men: 44 (of 45)

Best time in course: 27:19

Rank in category: 4(of 4)

Best time in the category: 28:50