



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Zietz, Jessyka

Club: Runningcrew GW

Number: 40

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 45:04

Speed: 9.32 km/h

Running performance: 6:26 min/km

Rank in course/Total: 55 (of 59)

Rank in course/Women: 11 (of 14)

Best time in course: 34:32

Rank in category: 2(of 3)

Best time in the category: 38:48