



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Höpker, Thekla

Club: Triathlon Nordhausen e.V.

Number: 11

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 45:26

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 56 (of 59)

Rank in course/Women: 12 (of 14)

Best time in course: 34:32

Rank in category: 3(of 3)

Best time in the category: 39:11