



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Krause, Thomas**

Club: Harztor

Number: 17

Course: 7.00 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:42

Speed: 8.81 km/h

Running performance: 6:49 min/km

Rank in course/Total: 57 (of 59)

Rank in course/Men: 45 (of 45)

Best time in course: 27:19

Rank in category: 6(of 6)

Best time in the category: 28:52