



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Pappenberg, Conny

Club: Harztor

Number: 26

Course: 7.00 km

Pokallauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 47:53

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 58 (of 59)

Rank in course/Women: 13 (of 14)

Best time in course: 34:32

Rank in category: 3(of 3)

Best time in the category: 38:48