



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Luhn, Heidi

Total time: 48:20

Number: 46

Speed: 8.69 km/h

Running performance: 6:54 min/km

Course: 7.00 km

Rank in course/Total: 59 (of 59)

Pokallauf

Rank in course/Women: 14 (of 14)

Best time in course: 34:32

Category:

Rank in category: 1(of 1)

Seniorinnen W55 (55-59 Jahre)

Best time in the category: 48:20