



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Brandt, Thomas

Club: Kyffhäuserland

Number: 205

Course: 2.30 km

Schnupperlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 13:44

Speed: 8.74 km/h

Running performance: 5:58 min/km

Rank in course/Total: 20 (of 37)

Rank in course/Men: 12 (of 19)

Best time in course: 9:45

Rank in category: 1(of 2)

Best time in the category: 13:44