



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Scholz, Matthias

Club: WSV 77

Number: 245

Course: 2.30 km

Schnupperlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 15:39

Speed: 8.82 km/h

Running performance: 6:48 min/km

Rank in course/Total: 31 (of 37)

Rank in course/Men: 15 (of 19)

Best time in course: 9:45

Rank in category: 2(of 2)

Best time in the category: 13:44