



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Heene, Matthias

Club: LV Altstadt98

Number: 118

Course: 3.90 km

Hobbylauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 17:44

Speed: 10.15 km/h

Running performance: 4:33 min/km

Rank in course/Total: 2 (of 69)

Rank in course/Men: 2 (of 40)

Best time in course: 14:44

Rank in category: 1(of 4)

Best time in the category: 17:44