



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Juch, Mandy

Number: 173

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 19:11

Speed: 9.38 km/h

Running performance: 4:55 min/km

Rank in course/Total: 4 (of 69)

Rank in course/Women: 1 (of 29)

Best time in course: 19:11

Rank in category: 1(of 5)

Best time in the category: 19:11