



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Vollack, Mario**

Club: Triathlon Nordhausen e.V.

Number: 152

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:50

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 7 (of 69)

Rank in course/Men: 6 (of 40)

Best time in course: 14:44

Rank in category: 1(of 3)

Best time in the category: 19:50