



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Uebner, Maik

Total time: 20:05

Number: 162

Speed: 8.96 km/h

Running performance: 5:09 min/km

Course: 3.90 km

Rank in course/Total: 9 (of 69)

Hobbylauf

Rank in course/Men: 8 (of 40)

Best time in course: 14:44

Category:

Rank in category: 2(of 3)

Senioren M45 (45-49 Jahre)

Best time in the category: 19:50