



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Reinhardt, Markus

Club: Triathlon Nordhausen e.V.

Number: 145

Course: 3.90 km

Hobbylauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 20:19

Speed: 8.86 km/h

Running performance: 5:13 min/km

Rank in course/Total: 13 (of 69)

Rank in course/Men: 10 (of 40)

Best time in course: 14:44

Rank in category: 2(of 4)

Best time in the category: 17:44