



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Rotter, Kathrin

Club: LV Altstadt98

Number: 148

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 20:52

Speed: 8.63 km/h

Running performance: 5:21 min/km

Rank in course/Total: 17 (of 69)

Rank in course/Women: 5 (of 29)

Best time in course: 19:11

Rank in category: 1(of 4)

Best time in the category: 20:52