



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Chour, Uwe

Club: Team Chour

Number: 106

Course: 3.90 km

Hobbylauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 21:13

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 20 (of 69)

Rank in course/Men: 13 (of 40)

Best time in course: 14:44

Rank in category: 1(of 2)

Best time in the category: 21:13