



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

Gülland, Jörg

Total time: 21:55

Number: 113

Speed: 8.21 km/h

Running performance: 5:37 min/km

Course: 3.90 km

Rank in course/Total: 25 (of 69)

Hobbylauf

Rank in course/Men: 17 (of 40)

Best time in course: 14:44

Category:

Rank in category: 1(of 4)

Senioren M50 (50-54 Jahre)

Best time in the category: 21:55