



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Smolla, Frank

Club: Salza Runner

Number: 166

Course: 3.90 km

Hobbylauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 21:59

Speed: 8.19 km/h

Running performance: 5:38 min/km

Rank in course/Total: 26 (of 69)

Rank in course/Men: 19 (of 40)

Best time in course: 14:44

Rank in category: 1(of 6)

Best time in the category: 21:59