



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Makarinus, Christin**

Club: Cool Runnings

Number: 134

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 22:21

Speed: 8.05 km/h

Running performance: 5:44 min/km

Rank in course/Total: 32 (of 69)

Rank in course/Women: 10 (of 29)

Best time in course: 19:11

Rank in category: 1(of 4)

Best time in the category: 22:21