



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Adam, Gabriele**

Club: Nordhausen

Number: 101

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 22:44

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 36 (of 69)

Rank in course/Women: 12 (of 29)

Best time in course: 19:11

Rank in category: 1(of 3)

Best time in the category: 22:44