



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Gastel, Petra**

Club: Nordhausen

Number: 111

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 23:23

Speed: 7.70 km/h

Running performance: 6:00 min/km

Rank in course/Total: 37 (of 69)

Rank in course/Women: 13 (of 29)

Best time in course: 19:11

Rank in category: 2(of 4)

Best time in the category: 20:52