



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Zwoll, Daniel

Club: LV Altstadt98

Number: 155

Course: 3.90 km

Hobbylauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 23:26

Speed: 7.68 km/h

Running performance: 6:01 min/km

Rank in course/Total: 38 (of 69)

Rank in course/Men: 25 (of 40)

Best time in course: 14:44

Rank in category: 5(of 6)

Best time in the category: 21:59