



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

Zwoll, Manuel

Number: 171

Course: 3.90 km

Hobbylauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 23:48

Speed: 7.56 km/h

Running performance: 6:06 min/km

Rank in course/Total: 41 (of 69)

Rank in course/Men: 27 (of 40)

Best time in course: 14:44

Rank in category: 2(of 2)

Best time in the category: 14:44