



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Becker, Inken

Club: La Vita Fitness

Number: 103

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 23:56

Speed: 7.52 km/h

Running performance: 6:08 min/km

Rank in course/Total: 42 (of 69)

Rank in course/Women: 15 (of 29)

Best time in course: 19:11

Rank in category: 3(of 4)

Best time in the category: 22:21