



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Werner, Frank**

Club: Wasserwacht Nordhausen

Number: 174

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 24:23

Speed: 7.38 km/h

Running performance: 6:15 min/km

Rank in course/Total: 46 (of 69)

Rank in course/Men: 29 (of 40)

Best time in course: 14:44

Rank in category: 3(of 3)

Best time in the category: 19:50