



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

**Kiel, Silke**

Club: Karate Do Kwai Nordhausen

Number: 167

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 24:31

Speed: 7.34 km/h

Running performance: 6:17 min/km

Rank in course/Total: 48 (of 69)

Rank in course/Women: 18 (of 29)

Best time in course: 19:11

Rank in category: 3(of 4)

Best time in the category: 20:52