



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Reichow, Claudia

Club: Laufftreff Sondershausen

Number: 144

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 24:36

Speed: 7.32 km/h

Running performance: 6:19 min/km

Rank in course/Total: 50 (of 69)

Rank in course/Women: 19 (of 29)

Best time in course: 19:11

Rank in category: 3(of 5)

Best time in the category: 19:11