



## 33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

### Detailed evaluation

Polte, Diana

Total time: 25:09

Number: 141

Speed: 7.16 km/h

Running performance: 6:27 min/km

Course: 3.90 km

Rank in course/Total: 52 (of 69)

Hobbylauf

Rank in course/Women: 20 (of 29)

Best time in course: 19:11

Category:

Rank in category: 1(of 2)

Seniorinnen W50 (50-54 Jahre)

Best time in the category: 25:09