



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Kiel, Marianne

Club: Nordhäuser Sportverein

Number: 160

Course: 3.90 km

Hobbylauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 25:31

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 56 (of 69)

Rank in course/Women: 23 (of 29)

Best time in course: 19:11

Rank in category: 4(of 4)

Best time in the category: 22:21