



33. Nordhäuser Silvesterlauf 2019

Nordhausen / 31.12.2019

Detailed evaluation

Paetzold, Michael

Club: Team Chour

Number: 140

Course: 3.90 km

Hobbylauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:41

Speed: 7.01 km/h

Running performance: 6:35 min/km

Rank in course/Total: 58 (of 69)

Rank in course/Men: 34 (of 40)

Best time in course: 14:44

Rank in category: 4(of 4)

Best time in the category: 17:44