



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

**Röger, Florian**

Club: Eldorado-Nordhausen

Number: 127

Course: 7.20 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 33:13

Speed: 12.64 km/h

Running performance: 4:37 min/km

Rank in course/Total: 20 (of 55)

Rank in course/Men: 19 (of 44)

Best time in course: 20:47

Rank in category: 4(of 7)

Best time in the category: 25:24