



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Heck, Oliver

Club: Lv Aelstadt 98

Number: 133

Course: 7.20 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 34:00

Speed: 12.35 km/h

Running performance: 4:43 min/km

Rank in course/Total: 23 (of 55)

Rank in course/Men: 22 (of 44)

Best time in course: 20:47

Rank in category: 6(of 7)

Best time in the category: 25:24