



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Riemann, Helge

Club: NDH

Number: 113

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 34:22

Speed: 12.22 km/h

Running performance: 4:46 min/km

Rank in course/Total: 24 (of 55)

Rank in course/Men: 23 (of 44)

Best time in course: 20:47

Rank in category: 4(of 8)

Best time in the category: 20:47