



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Liewald, Tilo

Club: Berlin - Pankow

Number: 151

Course: 7.20 km

Pokallauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 34:37

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 26 (of 55)

Rank in course/Men: 25 (of 44)

Best time in course: 20:47

Rank in category: 2(of 3)

Best time in the category: 32:41