



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

#### Liesegang, Rene

Club: SV 90 NDH, Triathlon

Number: 116

Course: 7.20 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 34:44

Speed: 12.09 km/h

Running performance: 4:49 min/km

Rank in course/Total: 28 (of 55)

Rank in course/Men: 27 (of 44)

Best time in course: 20:47

Rank in category: 7(of 7)

Best time in the category: 25:24