



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Thomas, Rinn

Club: Nordhausen

Number: 106

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 35:41

Speed: 11.77 km/h

Running performance: 4:58 min/km

Rank in course/Total: 30 (of 55)

Rank in course/Men: 29 (of 44)

Best time in course: 20:47

Rank in category: 5(of 8)

Best time in the category: 20:47