



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Ehrhold, Sascha

Club: LV Altstadt '98

Number: 115

Course: 7.20 km

Pokallauf

Category:

Männer (20-29 Jahre)

Total time: 34:45

Speed: 12.09 km/h

Running performance: 4:50 min/km

Rank in course/Total: 29 (of 55)

Rank in course/Men: 28 (of 44)

Best time in course: 20:47

Rank in category: 8(of 8)

Best time in the category: 25:51