



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Werner, Frank

Club: Niedersachswerfen / NSV-Boxen

Number: 135

Course: 7.20 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 36:36

Speed: 11.48 km/h

Running performance: 5:05 min/km

Rank in course/Total: 32 (of 55)

Rank in course/Men: 31 (of 44)

Best time in course: 20:47

Rank in category: 3(of 4)

Best time in the category: 30:16