



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

**Jahnke, Siegfried**

Club: Essen- TC Kray

Number: 138

Course: 7.20 km

Pokallauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 37:15

Speed: 11.28 km/h

Running performance: 5:10 min/km

Rank in course/Total: 37 (of 55)

Rank in course/Men: 36 (of 44)

Best time in course: 20:47

Rank in category: 1(of 1)

Best time in the category: 37:15