



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Hamann, Mike

Club: Harztor/Harztorläufer

Number: 132

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 37:21

Speed: 11.24 km/h

Running performance: 5:11 min/km

Rank in course/Total: 38 (of 55)

Rank in course/Men: 37 (of 44)

Best time in course: 20:47

Rank in category: 7(of 8)

Best time in the category: 20:47