



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Ponich, Alexander

Club: Großlohra

Number: 143

Course: 7.20 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 38:22

Speed: 10.95 km/h

Running performance: 5:20 min/km

Rank in course/Total: 41 (of 55)

Rank in course/Men: 39 (of 44)

Best time in course: 20:47

Rank in category: 4(of 4)

Best time in the category: 30:16