



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Liewald, Thomas

Club: Bleicherode

Number: 149

Course: 7.20 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 37:39

Speed: 11.16 km/h

Running performance: 5:14 min/km

Rank in course/Total: 39 (of 55)

Rank in course/Men: 38 (of 44)

Best time in course: 20:47

Rank in category: 4(of 4)

Best time in the category: 31:48