



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Zennecke, Bernd

Club: Niedersalza/Nordhausen

Number: 129

Course: 7.20 km

Pokallauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 38:43

Speed: 10.85 km/h

Running performance: 5:23 min/km

Rank in course/Total: 43 (of 55)

Rank in course/Men: 40 (of 44)

Best time in course: 20:47

Rank in category: 1(of 2)

Best time in the category: 38:43