



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Gerlach, Thomas

Total time: 40:32

Number: 134

Speed: 10.36 km/h

Running performance: 5:38 min/km

Course: 7.20 km

Rank in course/Total: 45 (of 55)

Pokallauf

Rank in course/Men: 41 (of 44)

Best time in course: 20:47

Category:

Rank in category: 4(of 5)

Senioren M35 (35-39 Jahre)

Best time in the category: 28:58