



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Furchner, Ingo

Club: LV Sondershausen

Number: 110

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:46

Speed: 7.61 km/h

Running performance: 7:53 min/km

Rank in course/Total: 55 (of 55)

Rank in course/Men: 44 (of 44)

Best time in course: 20:47

Rank in category: 8(of 8)

Best time in the category: 20:47