



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Flohr, Jörg

Total time: 15:20

Number: 71

Speed: 11.74 km/h

Running performance: 3:56 min/km

Course: 3.90 km

Rank in course/Total: 3 (of 48)

Hobbylauf

Rank in course/Men: 3 (of 37)

Best time in course: 14:38

Category:

Rank in category: 1(of 7)

Senioren M45 (45-49 Jahre)

Best time in the category: 15:20