



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

**Manthee, Frank**

Club: SDH / SV Glückauf

Number: 53

Course: 3.90 km

Hobbylauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 17:18

Speed: 10.40 km/h

Running performance: 4:26 min/km

Rank in course/Total: 9 (of 48)

Rank in course/Men: 9 (of 37)

Best time in course: 14:38

Rank in category: 1(of 2)

Best time in the category: 17:18