



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Rausch, Georg

Club: Sv wacker Rotheberode

Number: 49

Course: 3.90 km

Hobbylauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 19:51

Speed: 9.07 km/h

Running performance: 5:05 min/km

Rank in course/Total: 24 (of 48)

Rank in course/Men: 23 (of 37)

Best time in course: 14:38

Rank in category: 1(of 5)

Best time in the category: 19:51