



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Zwanzig, Steffen

Club: Lv Aldstadt

Number: 89

Course: 3.90 km

Hobbylauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 20:08

Speed: 8.94 km/h

Running performance: 5:10 min/km

Rank in course/Total: 26 (of 48)

Rank in course/Men: 25 (of 37)

Best time in course: 14:38

Rank in category: 2(of 3)

Best time in the category: 17:33