



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Heise, Dirk

Club: Nordhausen

Number: 69

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:47

Speed: 20.21 km/h

Running performance: 2:53 min/km

Rank in course/Total: 1 (of 55)

Rank in course/Men: 1 (of 44)

Best time in course: 20:47

Rank in category: 1(of 8)

Best time in the category: 20:47