



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Schiek, Alf

Club: VfL 28 Ellrich

Number: 88

Course: 3.90 km

Hobbylauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 21:00

Speed: 8.57 km/h

Running performance: 5:23 min/km

Rank in course/Total: 29 (of 48)

Rank in course/Men: 27 (of 37)

Best time in course: 14:38

Rank in category: 3(of 3)

Best time in the category: 17:33