



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

**Köhler, Jens**

Club: Nordhausen

Number: 86

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:24

Speed: 8.04 km/h

Running performance: 5:44 min/km

Rank in course/Total: 36 (of 48)

Rank in course/Men: 30 (of 37)

Best time in course: 14:38

Rank in category: 5(of 7)

Best time in the category: 15:20