



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Gulden, Bernd

Club: Nordhausen

Number: 81

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 24:23

Speed: 7.38 km/h

Running performance: 6:15 min/km

Rank in course/Total: 43 (of 48)

Rank in course/Men: 35 (of 37)

Best time in course: 14:38

Rank in category: 7(of 7)

Best time in the category: 15:20