



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

Liesegang, Frank

Club: LV Altstadt '98

Number: 67

Course: 3.90 km

Hobbylauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 24:53

Speed: 7.23 km/h

Running performance: 6:23 min/km

Rank in course/Total: 45 (of 48)

Rank in course/Men: 36 (of 37)

Best time in course: 14:38

Rank in category: 4(of 5)

Best time in the category: 19:51