



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Makarinus, Robert

Club: NDH

Number: 117

Course: 7.20 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:41

Speed: 16.35 km/h

Running performance: 3:34 min/km

Rank in course/Total: 3 (of 55)

Rank in course/Men: 3 (of 44)

Best time in course: 20:47

Rank in category: 2(of 7)

Best time in the category: 25:24