



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Roßberg, Claus Peter

Club: Nordhausen

Number: 79

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:57

Speed: 9.02 km/h

Running performance: 5:07 min/km

Rank in course/Total: 25 (of 48)

Rank in course/Men: 24 (of 37)

Best time in course: 14:38

Rank in category: 3(of 7)

Best time in the category: 15:20