



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Dallmann, Erik

Club: SVN 90 Nordhausen

Number: 155

Course: 7.20 km

Pokallauf

Category:

Männer (20-29 Jahre)

Total time: 28:36

Speed: 14.69 km/h

Running performance: 3:58 min/km

Rank in course/Total: 7 (of 55)

Rank in course/Men: 7 (of 44)

Best time in course: 20:47

Rank in category: 4(of 8)

Best time in the category: 25:51