



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Knape, Karsten

Club: Südharzer Lauphof

Number: 136

Course: 7.20 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 28:58

Speed: 14.50 km/h

Running performance: 4:01 min/km

Rank in course/Total: 8 (of 55)

Rank in course/Men: 8 (of 44)

Best time in course: 20:47

Rank in category: 1(of 5)

Best time in the category: 28:58