



## 29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

### Detailed evaluation

**Morgenstern, Dennis**

Club: ORTHIM Triathlon Team

Number: 145

Course: 7.20 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 29:27

Speed: 14.26 km/h

Running performance: 4:05 min/km

Rank in course/Total: 10 (of 55)

Rank in course/Men: 10 (of 44)

Best time in course: 20:47

Rank in category: 3(of 7)

Best time in the category: 25:24