



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Kouschil, Thomas

Club: Klemme AG Nordhausen

Number: 158

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 30:20

Speed: 13.85 km/h

Running performance: 4:13 min/km

Rank in course/Total: 14 (of 55)

Rank in course/Men: 13 (of 44)

Best time in course: 20:47

Rank in category: 2(of 8)

Best time in the category: 20:47