



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Zwirmann, Hans

Club: Tri.Sport Lübeck

Number: 156

Course: 7.20 km

Pokallauf

Category:

Männer (20-29 Jahre)

Total time: 30:08

Speed: 13.94 km/h

Running performance: 4:11 min/km

Rank in course/Total: 12 (of 55)

Rank in course/Men: 11 (of 44)

Best time in course: 20:47

Rank in category: 6(of 8)

Best time in the category: 25:51