



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Camanguira, Tomás

Club: VFL

Number: 87

Course: 7.20 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 36:40

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 31 (of 65)

Rank in course/Men: 29 (of 53)

Best time in course: 14:15

Rank in category: 4(of 8)

Best time in the category: 33:06