



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Schneider, Jakob**

Club: Nordhausen

Number: 199

Course: 7.20 km

Pokallauf

Category:

Männer (20-29 Jahre)

Total time: 36:44

Speed: 11.43 km/h

Running performance: 5:06 min/km

Rank in course/Total: 32 (of 65)

Rank in course/Men: 30 (of 53)

Best time in course: 14:15

Rank in category: 4(of 8)

Best time in the category: 25:23