



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Wernecke, Karl-Ernst

Club: WSL-Ellrich

Number: 292

Course: 7.20 km

Pokallauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 37:25

Speed: 11.22 km/h

Running performance: 5:12 min/km

Rank in course/Total: 35 (of 65)

Rank in course/Men: 32 (of 53)

Best time in course: 14:15

Rank in category: 1(of 1)

Best time in the category: 37:25