



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Meinert, Marco**

Club: Nordhausen

Number: 203

Course: 7.20 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 36:19

Speed: 11.56 km/h

Running performance: 5:02 min/km

Rank in course/Total: 29 (of 65)

Rank in course/Men: 27 (of 53)

Best time in course: 14:15

Rank in category: 3(of 7)

Best time in the category: 28:16