



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

Koch, Karl

Club: Medebach Küstelerg

Number: 98

Course: 7.20 km

Pokallauf

Category:

Männer (20-29 Jahre)

Total time: 36:08

Speed: 11.62 km/h

Running performance: 5:01 min/km

Rank in course/Total: 27 (of 65)

Rank in course/Men: 26 (of 53)

Best time in course: 14:15

Rank in category: 3(of 8)

Best time in the category: 25:23