



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Gärtner, Stefan

Club: Nordhausen

Number: 184

Course: 7.20 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 37:56

Speed: 11.07 km/h

Running performance: 5:16 min/km

Rank in course/Total: 36 (of 65)

Rank in course/Men: 33 (of 53)

Best time in course: 14:15

Rank in category: 6(of 8)

Best time in the category: 29:01