



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

Liesegang, Frank

Club: LV Altstadt 98 Nordhausen

Number: 273

Course: 7.20 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 38:05

Speed: 11.03 km/h

Running performance: 5:17 min/km

Rank in course/Total: 39 (of 65)

Rank in course/Men: 36 (of 53)

Best time in course: 14:15

Rank in category: 4(of 7)

Best time in the category: 28:16