



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Weber, Steffen

Club: TTV BLEICHERODE

Number: 53

Course: 7.20 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 38:19

Speed: 10.96 km/h

Running performance: 5:19 min/km

Rank in course/Total: 40 (of 65)

Rank in course/Men: 37 (of 53)

Best time in course: 14:15

Rank in category: 7(of 8)

Best time in the category: 29:01