



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Guder, Steffen

Club: Guts-Muths-Rennsteiglaufverein

Number: 28

Course: 7.20 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 38:35

Speed: 10.89 km/h

Running performance: 5:22 min/km

Rank in course/Total: 42 (of 65)

Rank in course/Men: 39 (of 53)

Best time in course: 14:15

Rank in category: 5(of 8)

Best time in the category: 33:06