



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Schneider, Steffen

Club: Nordhausen

Number: 197

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 38:16

Speed: 4.70 km/h

Running performance: 9:49 min/km

Rank in course/Total: 42 (of 42)

Rank in course/Men: 27 (of 27)

Best time in course: 13:21

Rank in category: 6(of 6)

Best time in the category: 14:08