



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Selle, Klaus-Peter

Club: Mühlhausen

Number: 50

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 39:08

Speed: 10.73 km/h

Running performance: 5:26 min/km

Rank in course/Total: 47 (of 65)

Rank in course/Men: 41 (of 53)

Best time in course: 14:15

Rank in category: 4(of 5)

Best time in the category: 30:00