



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Liebram, Alexander

Club: Nordhausen

Number: 194

Course: 7.20 km

Pokallauf

Category:

Männer (20-29 Jahre)

Total time: 39:27

Speed: 10.65 km/h

Running performance: 5:29 min/km

Rank in course/Total: 50 (of 65)

Rank in course/Men: 44 (of 53)

Best time in course: 14:15

Rank in category: 8(of 8)

Best time in the category: 25:23