



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Görk, Michael

Club: TSG Salza

Number: 177

Course: 7.20 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 40:04

Speed: 10.48 km/h

Running performance: 5:34 min/km

Rank in course/Total: 51 (of 65)

Rank in course/Men: 45 (of 53)

Best time in course: 14:15

Rank in category: 6(of 7)

Best time in the category: 28:16