



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Hellmund, Thomas**

Club: SV Kleinfurra

Number: 30

Course: 7.20 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 43:44

Speed: 9.60 km/h

Running performance: 6:04 min/km

Rank in course/Total: 59 (of 65)

Rank in course/Men: 49 (of 53)

Best time in course: 14:15

Rank in category: 6(of 8)

Best time in the category: 33:06