



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Nebelung, Hans Peter

Club: Werther

Number: 191

Course: 7.20 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:24

Speed: 9.05 km/h

Running performance: 6:26 min/km

Rank in course/Total: 64 (of 65)

Rank in course/Men: 52 (of 53)

Best time in course: 14:15

Rank in category: 8(of 8)

Best time in the category: 33:06