



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Liehmann, Hauke

Club: Team Flash Unlimited

Number: 34

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:38

Speed: 9.01 km/h

Running performance: 6:29 min/km

Rank in course/Total: 65 (of 65)

Rank in course/Men: 53 (of 53)

Best time in course: 14:15

Rank in category: 5(of 5)

Best time in the category: 30:00