



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Hohenstein, Herbert**

Club: Medizin Nordhausen

Number: 79

Course: 7.20 km

Pokallauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 39:15

Speed: 10.70 km/h

Running performance: 5:27 min/km

Rank in course/Total: 48 (of 65)

Rank in course/Men: 42 (of 53)

Best time in course: 14:15

Rank in category: 1(of 1)

Best time in the category: 39:15