



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Neander, Dieter**

Club: Hainrode

Number: 23

Course: 7.20 km

Pokallauf - Walking

Category:

Walking Männer

Total time: 55:07

Speed: 7.84 km/h

Running performance: 7:40 min/km

Rank in course/Total: 1 (of 2)

Rank in course/Men: 1 (of 1)

Best time in course: 55:07

Rank in category: 1(of 1)

Best time in the category: 55:07