



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Hartmann, Sebastian**

Club: Nordhausen

Number: 10

Course: 3.90 km

Hobbylauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 14:16

Speed: 12.62 km/h

Running performance: 3:40 min/km

Rank in course/Total: 3 (of 42)

Rank in course/Men: 3 (of 27)

Best time in course: 13:21

Rank in category: 1(of 3)

Best time in the category: 14:16