



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Schardt, Sebastian

Club: Ilfeld

Number: 195

Course: 3.90 km

Hobbylauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 16:40

Speed: 10.80 km/h

Running performance: 4:16 min/km

Rank in course/Total: 9 (of 42)

Rank in course/Men: 9 (of 27)

Best time in course: 13:21

Rank in category: 2(of 3)

Best time in the category: 15:12