



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Manthee, Frank**

Club: SV Glückauf Sondershausen

Number: 14

Course: 3.90 km

Hobbylauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 17:00

Speed: 10.59 km/h

Running performance: 4:22 min/km

Rank in course/Total: 11 (of 42)

Rank in course/Men: 11 (of 27)

Best time in course: 13:21

Rank in category: 1(of 1)

Best time in the category: 17:00