



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Grimme, Matthias**

Club: Harztor

Number: 6

Course: 3.90 km

Hobbylauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 17:58

Speed: 10.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 14 (of 42)

Rank in course/Men: 13 (of 27)

Best time in course: 13:21

Rank in category: 2(of 3)

Best time in the category: 14:16