



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Senkel, Jörg

Club: Nordhausen

Number: 1

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:20

Speed: 9.31 km/h

Running performance: 4:58 min/km

Rank in course/Total: 19 (of 42)

Rank in course/Men: 15 (of 27)

Best time in course: 13:21

Rank in category: 2(of 6)

Best time in the category: 14:08