



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Hamann, Mika

Club: Harztorläufer

Number: 176

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:27

Speed: 9.25 km/h

Running performance: 4:59 min/km

Rank in course/Total: 20 (of 42)

Rank in course/Men: 16 (of 27)

Best time in course: 13:21

Rank in category: 3(of 6)

Best time in the category: 14:08