



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Marwush, Saeed**

Club: SV Nordhausen 90 Triathlon

Number: 15

Course: 3.90 km

Hobbylauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 19:57

Speed: 9.02 km/h

Running performance: 5:07 min/km

Rank in course/Total: 24 (of 42)

Rank in course/Men: 18 (of 27)

Best time in course: 13:21

Rank in category: 1(of 1)

Best time in the category: 19:57