



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Gulden, Bernd

Club: nordhausen

Number: 7

Course: 3.90 km

Hobbylauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 23:14

Speed: 7.75 km/h

Running performance: 5:58 min/km

Rank in course/Total: 33 (of 42)

Rank in course/Men: 22 (of 27)

Best time in course: 13:21

Rank in category: 3(of 3)

Best time in the category: 18:36