



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Köhler, Jens

Club: Nordhausen

Number: 202

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:25

Speed: 7.69 km/h

Running performance: 6:00 min/km

Rank in course/Total: 34 (of 42)

Rank in course/Men: 23 (of 27)

Best time in course: 13:21

Rank in category: 4(of 6)

Best time in the category: 14:08