



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Lauer, Kurt

Club: LAZ Ludwigsburg

Number: 196

Course: 3.90 km

Hobbylauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 14:34

Speed: 12.36 km/h

Running performance: 3:44 min/km

Rank in course/Total: 4 (of 42)

Rank in course/Men: 4 (of 27)

Best time in course: 13:21

Rank in category: 1(of 2)

Best time in the category: 14:34