



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Manthee, Rene**

Club: LG Telisfinanz Regensburg

Number: 35

Course: 7.20 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:14

Speed: 16.64 km/h

Running performance: 3:30 min/km

Rank in course/Total: 3 (of 65)

Rank in course/Men: 3 (of 53)

Best time in course: 14:15

Rank in category: 1(of 5)

Best time in the category: 25:14