



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Knopf, Stephan

Club: ORTHIM Triathlon Team

Number: 2192

Course: 7.20 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:28

Speed: 16.49 km/h

Running performance: 3:32 min/km

Rank in course/Total: 5 (of 65)

Rank in course/Men: 5 (of 53)

Best time in course: 14:15

Rank in category: 2(of 5)

Best time in the category: 25:14