



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Weider, Detlef**

Club: Nordhausen

Number: 180

Course: 3.90 km

Hobbylauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 26:07

Speed: 6.89 km/h

Running performance: 6:42 min/km

Rank in course/Total: 38 (of 42)

Rank in course/Men: 24 (of 27)

Best time in course: 13:21

Rank in category: 2(of 2)

Best time in the category: 21:31