



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Lange, Mario**

Club: Ellrich OT Woffleben

Number: 13

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 26:32

Speed: 8.82 km/h

Running performance: 6:48 min/km

Rank in course/Total: 39 (of 42)

Rank in course/Men: 25 (of 27)

Best time in course: 13:21

Rank in category: 5(of 6)

Best time in the category: 14:08