



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Thran, Daniel

Club: Lehrte

Number: 20

Course: 3.90 km

Hobbylauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 27:55

Speed: 6.45 km/h

Running performance: 7:10 min/km

Rank in course/Total: 40 (of 42)

Rank in course/Men: 26 (of 27)

Best time in course: 13:21

Rank in category: 3(of 3)

Best time in the category: 15:12