



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Pflüger, Nico

Club: Triathlon SV 90 Nordhausen

Number: 41

Course: 7.20 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 28:16

Speed: 14.86 km/h

Running performance: 3:56 min/km

Rank in course/Total: 7 (of 65)

Rank in course/Men: 7 (of 53)

Best time in course: 14:15

Rank in category: 1(of 7)

Best time in the category: 28:16