



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Knape, Karsten

Club: Südharzer Laufshop

Number: 85

Course: 7.20 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 29:01

Speed: 14.47 km/h

Running performance: 4:02 min/km

Rank in course/Total: 8 (of 65)

Rank in course/Men: 8 (of 53)

Best time in course: 14:15

Rank in category: 1(of 8)

Best time in the category: 29:01