



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Nebelung, Marco

Club: FSG 99 Salza Nordhausen

Number: 38

Course: 7.20 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 29:49

Speed: 14.09 km/h

Running performance: 4:08 min/km

Rank in course/Total: 10 (of 65)

Rank in course/Men: 10 (of 53)

Best time in course: 14:15

Rank in category: 4(of 5)

Best time in the category: 25:14