



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Kouschil, Thomas

Club: Aрызta

Number: 178

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 30:35

Speed: 13.73 km/h

Running performance: 4:15 min/km

Rank in course/Total: 12 (of 65)

Rank in course/Men: 12 (of 53)

Best time in course: 14:15

Rank in category: 2(of 5)

Best time in the category: 30:00