



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Schorcht, Michael**

Club: SV Nordhausen 90 Triathlon

Number: 47

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 30:00

Speed: 14.00 km/h

Running performance: 4:10 min/km

Rank in course/Total: 11 (of 65)

Rank in course/Men: 11 (of 53)

Best time in course: 14:15

Rank in category: 1(of 5)

Best time in the category: 30:00