



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Hoffmann, Karsten**

Club: Südharzer Laufshop Team

Number: 86

Course: 7.20 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 31:05

Speed: 13.90 km/h

Running performance: 4:19 min/km

Rank in course/Total: 16 (of 65)

Rank in course/Men: 16 (of 53)

Best time in course: 14:15

Rank in category: 2(of 7)

Best time in the category: 28:16