



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Starke, Stephan

Club: SV Ilfeld

Number: 52

Course: 7.20 km

Pokallauf

Category:

Männer (20-29 Jahre)

Total time: 31:15

Speed: 13.82 km/h

Running performance: 4:20 min/km

Rank in course/Total: 17 (of 65)

Rank in course/Men: 17 (of 53)

Best time in course: 14:15

Rank in category: 2(of 8)

Best time in the category: 25:23