



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Riemann, Helge

Club: Nordhausen

Number: 43

Course: 7.20 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 32:29

Speed: 12.93 km/h

Running performance: 4:31 min/km

Rank in course/Total: 19 (of 65)

Rank in course/Men: 19 (of 53)

Best time in course: 14:15

Rank in category: 3(of 5)

Best time in the category: 30:00