



## 30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

### Detailed evaluation

**Kästner, Stefan**

Club: Shaved Balls e.v.

Number: 80

Course: 7.20 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 32:51

Speed: 12.79 km/h

Running performance: 4:34 min/km

Rank in course/Total: 20 (of 65)

Rank in course/Men: 20 (of 53)

Best time in course: 14:15

Rank in category: 2(of 8)

Best time in the category: 29:01