



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Rößner, Reiner

Club: BW Greußen

Number: 96

Course: 7.20 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 34:28

Speed: 12.19 km/h

Running performance: 4:47 min/km

Rank in course/Total: 24 (of 65)

Rank in course/Men: 24 (of 53)

Best time in course: 14:15

Rank in category: 2(of 8)

Best time in the category: 33:06