



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

Sittig, Udo

Club: SG Bodenrode/Westhausen

Number: 145

Course: 6.50 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 26:26

Speed: 13.62 km/h

Running performance: 4:04 min/km

Rank in course/Total: 22 (of 81)

Rank in course/Men: 18 (of 67)

Best time in course: 17:28

Rank in category: 5(of 10)

Best time in the category: 17:28