



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

GULDEN, Karlheinz

Club: FC Zürich

Number: 38

Course: 6.50 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 27:39

Speed: 13.02 km/h

Running performance: 4:15 min/km

Rank in course/Total: 25 (of 81)

Rank in course/Men: 21 (of 67)

Best time in course: 17:28

Rank in category: 4(of 12)

Best time in the category: 21:19