



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

Riemann, Helge

Club: Nordhausen

Number: 197

Course: 6.50 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 28:47

Speed: 12.51 km/h

Running performance: 4:26 min/km

Rank in course/Total: 27 (of 81)

Rank in course/Men: 23 (of 67)

Best time in course: 17:28

Rank in category: 6(of 10)

Best time in the category: 17:28