



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

DASSLER, Normen

Club: Triathlon Nordhausen e.V.

Number: 117

Course: 6.50 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 30:24

Speed: 11.84 km/h

Running performance: 4:41 min/km

Rank in course/Total: 36 (of 81)

Rank in course/Men: 31 (of 67)

Best time in course: 17:28

Rank in category: 3(of 7)

Best time in the category: 24:48