



## 31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

### Detailed evaluation

**RINN, Thomas**

Club: Nordhausen

Number: 59

Course: 6.50 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 32:03

Speed: 11.23 km/h

Running performance: 4:56 min/km

Rank in course/Total: 45 (of 81)

Rank in course/Men: 40 (of 67)

Best time in course: 17:28

Rank in category: 8(of 12)

Best time in the category: 21:19