



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

Lange, Lars

Club: Nordhausen

Number: 146

Course: 6.50 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 33:57

Speed: 10.60 km/h

Running performance: 5:13 min/km

Rank in course/Total: 67 (of 81)

Rank in course/Men: 56 (of 67)

Best time in course: 17:28

Rank in category: 9(of 10)

Best time in the category: 17:28