



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

JAHNKE, SIEGFRIED

Club: TC KRAY ESSEN

Number: 45

Course: 6.50 km

Pokallauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 34:02

Speed: 10.58 km/h

Running performance: 5:14 min/km

Rank in course/Total: 68 (of 81)

Rank in course/Men: 57 (of 67)

Best time in course: 17:28

Rank in category: 1(of 2)

Best time in the category: 34:02