



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

Guder, Steffen

Club: Guts-Muhts-RSLV

Number: 173

Course: 6.50 km

Pokallauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 38:10

Speed: 9.43 km/h

Running performance: 5:52 min/km

Rank in course/Total: 71 (of 81)

Rank in course/Men: 59 (of 67)

Best time in course: 17:28

Rank in category: 2(of 2)

Best time in the category: 30:06