



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

Rabe, Dirk

Club: Heiligenstadt

Number: 144

Course: 6.50 km

Pokallauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 42:48

Speed: 8.41 km/h

Running performance: 6:35 min/km

Rank in course/Total: 79 (of 81)

Rank in course/Men: 65 (of 67)

Best time in course: 17:28

Rank in category: 5(of 5)

Best time in the category: 26:42