



## 31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

### Detailed evaluation

**KARNSTEDT, Fabian**

Club: Stahlrad Laatzen

Number: 46

Course: 3.40 km

Hobbylauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 11:56

Speed: 15.08 km/h

Running performance: 3:31 min/km

Rank in course/Total: 1 (of 53)

Rank in course/Men: 1 (of 32)

Best time in course: 11:56

Rank in category: 1(of 5)

Best time in the category: 11:56