



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

Holzhausen, Hartmut

Club: SV Herrmannsack

Number: 188

Course: 3.40 km

Hobbylauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 19:02

Speed: 9.46 km/h

Running performance: 5:36 min/km

Rank in course/Total: 32 (of 53)

Rank in course/Men: 22 (of 32)

Best time in course: 11:56

Rank in category: 1(of 1)

Best time in the category: 19:02