



## 31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

### Detailed evaluation

**HERDA, Michael**

Club: Großwechsungen

Number: 41

Course: 6.50 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 21:19

Speed: 16.89 km/h

Running performance: 3:17 min/km

Rank in course/Total: 6 (of 81)

Rank in course/Men: 4 (of 67)

Best time in course: 17:28

Rank in category: 1(of 9)

Best time in the category: 21:19