



## 31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

### Detailed evaluation

**KONSCHAK, Ulrich**

Club: Orthim Triathlon Nordhausen

Number: 49

Course: 6.50 km

Pokallauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:57

Speed: 15.69 km/h

Running performance: 3:32 min/km

Rank in course/Total: 10 (of 81)

Rank in course/Men: 8 (of 67)

Best time in course: 17:28

Rank in category: 3(of 10)

Best time in the category: 17:28