



31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

Detailed evaluation

VOLLACK, Mario

Club: Triathlon Nordhausen e.V.

Number: 112

Course: 3.40 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:49

Speed: 7.56 km/h

Running performance: 7:00 min/km

Rank in course/Total: 45 (of 53)

Rank in course/Men: 29 (of 32)

Best time in course: 11:56

Rank in category: 1(of 1)

Best time in the category: 23:49