



## 31. Nordhäuser Silvesterlauf 2017

Nordhausen / 31.12.2017

### Detailed evaluation

**Makarinus, Robert**

Club: Nordhausen

Number: 174

Course: 6.50 km

Pokallauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 26:15

Speed: 13.71 km/h

Running performance: 4:02 min/km

Rank in course/Total: 20 (of 81)

Rank in course/Men: 16 (of 67)

Best time in course: 17:28

Rank in category: 2(of 9)

Best time in the category: 21:19