



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

**Köhler, Jens**

Club: Nordhausen

Number: 152

Course: 3.90 km

Hobbylauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:56

Speed: 7.52 km/h

Running performance: 6:08 min/km

Rank in course/Total: 55 (of 69)

Rank in course/Men: 38 (of 41)

Best time in course: 14:15

Rank in category: 6(of 7)

Best time in the category: 17:58