



32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

Detailed evaluation

Schardt, Sebastian

Club: Ilfeld

Number: 81

Course: 3.90 km

Hobbylauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 16:56

Speed: 13.82 km/h

Running performance: 4:20 min/km

Rank in course/Total: 5 (of 69)

Rank in course/Men: 5 (of 41)

Best time in course: 14:15

Rank in category: 1(of 2)

Best time in the category: 16:56