



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Maulhardt, Heiko

Club: Nordhausen

Number: 141

Course: 3.30 km

1 Runde

Category:

Senioren M45

Total time: 16:24

Speed: 10.98 km/h

Running performance: 4:58 min/km

Rank in course/Total: 27 (of 79)

Rank in course/Men: 19 (of 43)

Best time in course: 10:42

Rank in category: 2(of 3)

Best time in the category: 14:12