



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Rüdiger, Bruno

Club: SV Wacker Rottleberode  
Number: 138

Course: 3.30 km  
1 Runde

Category:  
männliche Jugend U14 (12 und 13 Jahre)

Total time: 16:35

Speed: 10.85 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 29 (of 79)

Rank in course/Men: 20 (of 43)

Best time in course: 10:42

Rank in category: 4(of 7)

Best time in the category: 14:15