



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Klaes, Ralf

Club: Südharz-Klinikum / Haus vor dem Hagentor
Number: 117

Course: 3.30 km
1 Runde

Category:
Senioren M45

Total time: 17:13

Speed: 10.45 km/h
Running performance: 5:13 min/km

Rank in course/Total: 39 (of 79)

Rank in course/Men: 25 (of 43)

Best time in course: 10:42

Rank in category: 3(of 3)

Best time in the category: 14:12