



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

John, Sean

Club: Neustadt / Osterode
Number: 136

Course: 3.30 km
1 Runde

Category:
männliche Jugend U16 (14 und 15 Jahre)

Total time: 19:55

Speed: 9.04 km/h
Running performance: 6:02 min/km

Rank in course/Total: 68 (of 79)

Rank in course/Men: 39 (of 43)

Best time in course: 10:42

Rank in category: 7(of 8)

Best time in the category: 13:58