



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Onstenk, Bouke

Club: SV Glückauf Sondershausen
Number: 230

Course: 6.60 km
2 Runden

Category:
Senioren M30

Total time: 21:03

Speed: 17.10 km/h
Running performance: 3:11 min/km

Rank in course/Total: 1 (of 49)

Rank in course/Men: 1 (of 40)

Best time in course: 21:03

Rank in category: 1(of 5)

Best time in the category: 21:03