



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

**Bank, Christian**

Club: Großlohra  
Number: 247

Course: 6.60 km  
2 Runden

Category:  
Männer

Total time: 28:04

Speed: 12.83 km/h  
Running performance: 4:15 min/km

Rank in course/Total: 9 (of 49)

Rank in course/Men: 8 (of 40)

Best time in course: 21:03

Rank in category: 2(of 6)

Best time in the category: 22:35