



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Hofmann, Lars

Club: Schwanebeck
Number: 248

Course: 6.60 km
2 Runden

Category:
Senioren M30

Total time: 30:31

Speed: 11.80 km/h
Running performance: 4:37 min/km

Rank in course/Total: 14 (of 49)

Rank in course/Men: 12 (of 40)

Best time in course: 21:03

Rank in category: 3(of 5)

Best time in the category: 21:03