



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Sauerland, Frank-Michael

Club: LAG Wesertal  
Number: 237

Course: 6.60 km  
2 Runden

Category:  
Senioren M55

Total time: 30:43

Speed: 11.72 km/h  
Running performance: 4:39 min/km

Rank in course/Total: 15 (of 49)

Rank in course/Men: 13 (of 40)

Best time in course: 21:03

Rank in category: 1(of 2)

Best time in the category: 30:43