



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Helbing, Mario

Club: Nordhausen  
Number: 238

Course: 6.60 km  
2 Runden

Category:  
Senioren M35

Total time: 30:55

Speed: 12.81 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 16 (of 49)

Rank in course/Men: 14 (of 40)

Best time in course: 21:03

Rank in category: 2(of 5)

Best time in the category: 26:35