



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Ziegenhagen, Daniel

Club: Berliner SV Victoria Friedrichshain
Number: 200

Course: 6.60 km
2 Runden

Category:
Senioren M30

Total time: 30:59

Speed: 12.78 km/h
Running performance: 4:41 min/km

Rank in course/Total: 17 (of 49)

Rank in course/Men: 15 (of 40)

Best time in course: 21:03

Rank in category: 4(of 5)

Best time in the category: 21:03