



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Ehrhold, Sascha

Club: Nordhausen  
Number: 206

Course: 6.60 km  
2 Runden

Category:  
Männer

Total time: 33:00

Speed: 10.91 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 19 (of 49)

Rank in course/Men: 17 (of 40)

Best time in course: 21:03

Rank in category: 4(of 6)

Best time in the category: 22:35