



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Hermansa, Steffen

Club: Uthleben  
Number: 231

Course: 6.60 km  
2 Runden

Category:  
Senioren M30

Total time: 33:09

Speed: 10.86 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 20 (of 49)

Rank in course/Men: 18 (of 40)

Best time in course: 21:03

Rank in category: 5(of 5)

Best time in the category: 21:03