



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Henning, Matthias

Club: HPZ Wülfingerode  
Number: 218

Course: 6.60 km  
2 Runden

Category:  
Senioren M45

Total time: 33:33

Speed: 11.80 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 24 (of 49)

Rank in course/Men: 22 (of 40)

Best time in course: 21:03

Rank in category: 4(of 5)

Best time in the category: 27:16