



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Heller, Detlev

Club: Schweina  
Number: 228

Course: 6.60 km  
2 Runden

Category:  
Senioren M50

Total time: 33:53

Speed: 10.62 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 26 (of 49)

Rank in course/Men: 24 (of 40)

Best time in course: 21:03

Rank in category: 1(of 3)

Best time in the category: 33:53