



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Gröne, Roman

Club: VfL 28 Ellrich  
Number: 243

Course: 6.60 km  
2 Runden

Category:  
Senioren M45

Total time: 36:54

Speed: 9.76 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 37 (of 49)

Rank in course/Men: 33 (of 40)

Best time in course: 21:03

Rank in category: 5 (of 5)

Best time in the category: 27:16