



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich  
Number: 323

Course: 9.90 km  
3 Runden

Category:  
Senioren M40

Total time: 39:36

Speed: 13.64 km/h  
Running performance: 4:00 min/km

Rank in course/Total: 10 (of 69)

Rank in course/Men: 9 (of 59)

Best time in course: 31:26

Rank in category: 1(of 6)

Best time in the category: 39:36