



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Kindervater, Lars

Club: FSV Schernberg
Number: 301

Course: 9.90 km
3 Runden

Category:
Senioren M40

Total time: 39:38

Speed: 13.62 km/h
Running performance: 4:00 min/km

Rank in course/Total: 11 (of 69)

Rank in course/Men: 10 (of 59)

Best time in course: 31:26

Rank in category: 2(of 6)

Best time in the category: 39:36