



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

**Kurch, Sebastian**

Club: VfL 28 Ellrich  
Number: 333

Course: 9.90 km  
3 Runden

Category:  
Senioren M30

Total time: 39:43

Speed: 13.60 km/h  
Running performance: 4:01 min/km

Rank in course/Total: 12 (of 69)

Rank in course/Men: 11 (of 59)

Best time in course: 31:26

Rank in category: 1(of 3)

Best time in the category: 39:43