



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Arndt, Marcus

Club: Nordhausen
Number: 309

Course: 9.90 km
3 Runden

Category:
Senioren M35

Total time: 41:05

Speed: 13.14 km/h
Running performance: 4:09 min/km

Rank in course/Total: 14 (of 69)

Rank in course/Men: 13 (of 59)

Best time in course: 31:26

Rank in category: 2(of 7)

Best time in the category: 39:30