



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

**Gloger, Andreas**

Club: VfL 28 Ellrich  
Number: 366

Course: 9.90 km  
3 Runden

Category:  
Senioren M45

Total time: 41:12

Speed: 13.11 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 15 (of 69)

Rank in course/Men: 14 (of 59)

Best time in course: 31:26

Rank in category: 2(of 10)

Best time in the category: 39:11