



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Wernecke, Karl-Ernst

Club: VfL 28 Ellrich  
Number: 316

Course: 9.90 km  
3 Runden

Category:  
Senioren M60

Total time: 41:57

Speed: 12.87 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 20 (of 69)

Rank in course/Men: 19 (of 59)

Best time in course: 31:26

Rank in category: 1(of 6)

Best time in the category: 41:57