



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Mackensen, Sylvester

Club: Schützengesellschaft FT Sondershausen
Number: 338

Course: 9.90 km
3 Runden

Category:
Senioren M35

Total time: 42:47

Speed: 12.62 km/h
Running performance: 4:19 min/km

Rank in course/Total: 23 (of 69)

Rank in course/Men: 21 (of 59)

Best time in course: 31:26

Rank in category: 4(of 7)

Best time in the category: 39:30