



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Heintze, Kai

Club: Hainichläufer
Number: 358

Course: 9.90 km
3 Runden

Category:
Senioren M45

Total time: 42:52

Speed: 12.60 km/h
Running performance: 4:20 min/km

Rank in course/Total: 24 (of 69)

Rank in course/Men: 22 (of 59)

Best time in course: 31:26

Rank in category: 4(of 10)

Best time in the category: 39:11