



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Kouschil, Thomas

Club: Nordhausen  
Number: 300

Course: 9.90 km  
3 Runden

Category:  
Senioren M40

Total time: 43:00

Speed: 12.56 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 25 (of 69)

Rank in course/Men: 23 (of 59)

Best time in course: 31:26

Rank in category: 3(of 6)

Best time in the category: 39:36