



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Hanisch, Markus

Club: Dynamo Windrad Kassel  
Number: 372

Course: 9.90 km  
3 Runden

Category:  
Senioren M45

Total time: 43:21

Speed: 12.46 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 27 (of 69)

Rank in course/Men: 25 (of 59)

Best time in course: 31:26

Rank in category: 5(of 10)

Best time in the category: 39:11