# 8. Nordhäuser Citylauf

Nordhausen / 16.09.2012

## Detailed evaluation

### Rückert, Jens

Club: Arnstadt
Number: 302

Course: 9.90 km
3 Runden

Category:
Senioren M45

### Total time: 45:09

Speed: 13.16 km/h
Running performance: 4:34 min/km

Rank in course/Total: 33 (of 69)

Rank in course/Men: 31 (of 59)

Best time in course: 31:26

Rank in category: 7(of 10)

Best time in the category: 39:11