



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Krist, Josef

Club: Nordhausen  
Number: 326

Course: 9.90 km  
3 Runden

Category:  
Senioren M40

Total time: 45:28

Speed: 11.88 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 35 (of 69)

Rank in course/Men: 33 (of 59)

Best time in course: 31:26

Rank in category: 5(of 6)

Best time in the category: 39:36