



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Trost, Frank

Club: Nordhausen  
Number: 373

Course: 9.90 km  
3 Runden

Category:  
Senioren M45

Total time: 46:32

Speed: 11.60 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 38 (of 69)

Rank in course/Men: 36 (of 59)

Best time in course: 31:26

Rank in category: 8(of 10)

Best time in the category: 39:11