



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Jahnke, Siegfried

Club: TC Kray-Essen

Number: 324

Course: 9.90 km

3 Runden

Category:

Senioren M60

Total time: 46:36

Speed: 11.59 km/h

Running performance: 4:43 min/km

Rank in course/Total: 39 (of 69)

Rank in course/Men: 37 (of 59)

Best time in course: 31:26

Rank in category: 3(of 6)

Best time in the category: 41:57