



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Ludwig, Hans-Eberhard

Club: Erfurt  
Number: 342

Course: 9.90 km  
3 Runden

Category:  
Senioren M65

Total time: 46:53

Speed: 12.67 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 40 (of 69)

Rank in course/Men: 38 (of 59)

Best time in course: 31:26

Rank in category: 1(of 1)

Best time in the category: 46:53