



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

**König, Hans-Joachim**

Club: VfL 28 Ellrich  
Number: 341

Course: 9.90 km  
3 Runden

Category:  
Senioren M55

Total time: 47:01

Speed: 11.49 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 41 (of 69)

Rank in course/Men: 39 (of 59)

Best time in course: 31:26

Rank in category: 3(of 4)

Best time in the category: 41:20