



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Oppenhäuser, Andreas

Club: Nordhausen  
Number: 308

Course: 9.90 km  
3 Runden

Category:  
Senioren M50

Total time: 48:33

Speed: 11.12 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 43 (of 69)

Rank in course/Men: 41 (of 59)

Best time in course: 31:26

Rank in category: 2(of 2)

Best time in the category: 46:30