



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Stier, Thomas

Club: Ironman Großbrüchter
Number: 339

Course: 9.90 km
3 Runden

Category:
Senioren M45

Total time: 49:27

Speed: 10.92 km/h
Running performance: 4:59 min/km

Rank in course/Total: 47 (of 69)

Rank in course/Men: 44 (of 59)

Best time in course: 31:26

Rank in category: 9(of 10)

Best time in the category: 39:11