



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Schwaß, Konstantin

Club: Plasma Service GmbH  
Number: 371

Course: 9.90 km  
3 Runden

Category:  
Männer

Total time: 49:44

Speed: 10.86 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 48 (of 69)

Rank in course/Men: 45 (of 59)

Best time in course: 31:26

Rank in category: 11(of 16)

Best time in the category: 31:26