



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Gorges, Frank

Club: Ellrich  
Number: 347

Course: 9.90 km  
3 Runden

Category:  
Senioren M30

Total time: 51:20

Speed: 10.52 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 56 (of 69)

Rank in course/Men: 51 (of 59)

Best time in course: 31:26

Rank in category: 3(of 3)

Best time in the category: 39:43