



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Lange, Lars

Club: Bleicherode  
Number: 312

Course: 9.90 km  
3 Runden

Category:  
Senioren M40

Total time: 53:05

Speed: 10.17 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 61 (of 69)

Rank in course/Men: 54 (of 59)

Best time in course: 31:26

Rank in category: 6(of 6)

Best time in the category: 39:36