



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: 11.19 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