



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Heßmer, Jonathan

Club: SV Herrmannsacker  
Number: 38

Course: 1.00 km  
Jedermannlauf

Category:  
männliche Kinder U12 (10 und 11 Jahre)

Total time: 7:06

Speed: 8.45 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 60 (of 75)

Rank in course/Men: 25 (of 32)

Best time in course: 4:08

Rank in category: 7(of 8)

Best time in the category: 4:36