



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Karnstedt, Fabian

Club: LV Altstadt 98 Nordhausen
Number: 184

Course: 3.30 km
1 Runde

Category:
Männer

Total time: 12:34

Speed: 14.32 km/h
Running performance: 3:49 min/km

Rank in course/Total: 3 (of 79)

Rank in course/Men: 3 (of 43)

Best time in course: 10:42

Rank in category: 2(of 8)

Best time in the category: 12:16