



8. Nordhäuser Citylauf
Nordhausen / 16.09.2012

Detailed evaluation

Fierenz, Gerald

Club: SV Glückauf Sondershausen
Number: 160

Course: 3.30 km
1 Runde

Category:
Senioren M45

Total time: 14:12

Speed: 12.68 km/h
Running performance: 4:18 min/km

Rank in course/Total: 11 (of 79)

Rank in course/Men: 9 (of 43)

Best time in course: 10:42

Rank in category: 1(of 3)

Best time in the category: 14:12