



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Gastel, Ralf

Number: 81

Course: 1.00 km  
Jedermannlauf

Category:  
Senioren M45

Total time: 8:55

Speed: 6.73 km/h

Running performance: 8:55 min/km

Rank in course/Total: 95 (of 99)

Rank in course/Men: 45 (of 50)

Best time in course: 4:11

Rank in category: 1(of 1)

Best time in the category: 8:55