



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Herzer, Nils

Club: Erfurter LAC
Number: 175

Course: 3.30 km
1 Runde 3,3 km

Category:
männliche Jugend U16 (14 und 15 Jahre)

Total time: 13:53

Speed: 12.97 km/h
Running performance: 4:13 min/km

Rank in course/Total: 5 (of 97)

Rank in course/Men: 5 (of 57)

Best time in course: 12:25

Rank in category: 2(of 9)

Best time in the category: 13:37