



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

**Kassner, Uwe**

Club: LG Göttingen  
Number: 180

Course: 3.30 km  
1 Runde 3,3 km

Category:  
Senioren M55

Total time: 14:18

Speed: 12.59 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 7 (of 97)

Rank in course/Men: 7 (of 57)

Best time in course: 12:25

Rank in category: 1(of 2)

Best time in the category: 14:18