



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Plath, Jonas

Club: SV Hermsdorf
Number: 198

Course: 3.30 km
1 Runde 3,3 km

Category:
männliche Jugend U16 (14 und 15 Jahre)

Total time: 17:09

Speed: 10.50 km/h
Running performance: 5:12 min/km

Rank in course/Total: 28 (of 97)

Rank in course/Men: 21 (of 57)

Best time in course: 12:25

Rank in category: 6(of 9)

Best time in the category: 13:37