



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Chour, Uwe

Club: Niedersalza
Number: 262

Course: 3.30 km
1 Runde 3,3 km

Category:
Senioren M55

Total time: 17:20

Speed: 10.38 km/h
Running performance: 5:15 min/km

Rank in course/Total: 30 (of 97)

Rank in course/Men: 23 (of 57)

Best time in course: 12:25

Rank in category: 2(of 2)

Best time in the category: 14:18