



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

**Seiring, Marcel**

Club: Nordhausen  
Number: 238

Course: 3.30 km  
1 Runde 3,3 km

Category:  
männliche Jugend U18 (16 und 17 Jahre)

Total time: 17:29

Speed: 10.30 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 32 (of 97)

Rank in course/Men: 25 (of 57)

Best time in course: 12:25

Rank in category: 1(of 1)

Best time in the category: 17:29