



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Truch, Thomas

Club: kein

Number: 213

Course: 3.30 km

1 Runde 3,3 km

Category:

Senioren M45

Total time: 18:25

Speed: 9.77 km/h

Running performance: 5:35 min/km

Rank in course/Total: 43 (of 97)

Rank in course/Men: 31 (of 57)

Best time in course: 12:25

Rank in category: 2(of 4)

Best time in the category: 13:06