



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

**Landgraf, Marco**

Club: MTV Niedersachswerfen e.V.  
Number: 188

Course: 3.30 km  
1 Runde 3,3 km

Category:  
Senioren M35

Total time: 19:22

Speed: 10.22 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 56 (of 97)

Rank in course/Men: 40 (of 57)

Best time in course: 12:25

Rank in category: 4(of 6)

Best time in the category: 15:54