



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

Lässig, Thomas

Club: SV Olympia Berga  
Number: 259

Course: 3.30 km  
1 Runde 3,3 km

Category:  
Senioren M35

Total time: 24:39

Speed: 7.30 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 91 (of 97)

Rank in course/Men: 56 (of 57)

Best time in course: 12:25

Rank in category: 6(of 6)

Best time in the category: 15:54