



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

**Gastel, Ralf**

Club: Nordhausen  
Number: 93

Course: 1.10 km  
Jedermannlauf

Category:  
Senioren M45

Total time: 6:52

Speed: 8.74 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 72 (of 108)

Rank in course/Men: 42 (of 58)

Best time in course: 4:09

Rank in category: 2(of 2)

Best time in the category: 6:37