



# 11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

## Detailed evaluation

**Helbrig, Mark**

Club: Niedergebra  
Number: 253

Course: 3.30 km  
1 Runde 3,3 km

Category:  
Senioren M40

Total time: 19:14

Speed: 10.29 km/h

Rank in course/Total: 61 (of 110)

Rank in course/Men: 43 (of 62)

Best time in course: 12:03

Rank in category: 5(of 5)

Best time in the category: 12:10