



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

Zimmermann, Maik

Club: Nordhausen

Number: 179

Course: 3.30 km

1 Runde 3,3 km

Category:

Senioren M50

Total time: 16:14

Speed: 11.09 km/h

Running performance: 4:55 min/km

Rank in course/Total: 25 (of 113)

Rank in course/Men: 17 (of 61)

Best time in course: 12:02

Rank in category: 2(of 3)

Best time in the category: 15:38