



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Kluge, Ralf

Club: iFitnessClub Teltow
Number: 180

Course: 3.30 km
1 Runde 3,3 km

Category:
Senioren M55

Total time: 17:03

Speed: 10.56 km/h
Running performance: 5:10 min/km

Rank in course/Total: 36 (of 113)

Rank in course/Men: 24 (of 61)

Best time in course: 12:02

Rank in category: 2(of 2)

Best time in the category: 13:36