



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

Truch, Thomas

Club: Schritt für Schritt  
Number: 177

Course: 3.30 km  
1 Runde 3,3 km

Category:  
Senioren M45

Total time: 17:34

Speed: 10.25 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 43 (of 113)

Rank in course/Men: 26 (of 61)

Best time in course: 12:02

Rank in category: 2(of 3)

Best time in the category: 16:00