



12. NORDHÄUSER CITYLAUF  
Nordhausen / 18.09.2016

Detailed evaluation

Hahnemann, Steffen

Club: Harztor-Läufer /SV Hannovera e.V.  
Number: 159

Course: 3.30 km  
1 Runde 3,3 km

Category:  
Senioren M45

Total time: 18:31

Speed: 9.72 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 56 (of 113)

Rank in course/Men: 33 (of 61)

Best time in course: 12:02

Rank in category: 3(of 3)

Best time in the category: 16:00