



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Helbing, Mark**

Club: Niedergebra

Number: 273

Course: 3.30 km

1 Runde 3,3 km

Category:

Senioren M40

Total time: 21:09

Speed: 8.51 km/h

Running performance: 6:25 min/km

Rank in course/Total: 80 (of 113)

Rank in course/Men: 45 (of 61)

Best time in course: 12:02

Rank in category: 3(of 4)

Best time in the category: 12:33