



## 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

### Detailed evaluation

#### Worbes, Steffen

Club: Eldorado nordhausen

Number: 256

Course: 3.30 km

1 Runde 3,3 km

Category:

Senioren M40

Total time: 23:12

Speed: 7.76 km/h

Running performance: 7:02 min/km

Rank in course/Total: 97 (of 113)

Rank in course/Men: 52 (of 61)

Best time in course: 12:02

Rank in category: 4(of 4)

Best time in the category: 12:33