



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Gülzow, Dieter

Number: 288

Course: 3.30 km

1 Runde 3,3 km

Category:

Senioren M60

Total time: 22:56

Speed: 7.85 km/h

Running performance: 6:57 min/km

Rank in course/Total: 90 (of 95)

Rank in course/Men: 53 (of 54)

Best time in course: 10:59

Rank in category: 2(of 2)

Best time in the category: 16:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	3.25	fehlt!	-	-	-	-	-	3.25	-	-	-	-	-	-
Finish	3.30	22:56	6:56	2	6:48	53	11:57	3.30	22:56	6:56	2	6:48	53	11:57