



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Heise, Lea

Club: Sondershausen  
Number: 117

Course: 3.30 km  
1 Runde 3,3 km

Category:  
weibliche Jugend U16 (14 und 15 Jahre)

Total time: 18:19

Speed: 10.81 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 66 (of 95)  
Rank in course/Women: 21 (of 41)  
Best time in course: 13:58

Rank in category: 2(of 7)  
Best time in the category: 13:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.25	fehlt!	-	-	-	-	-	3.25	-	-	-	-	-	-
Finish	3.30	18:19	5:33	2	4:21	21	4:21	3.30	18:19	5:33	2	4:21	21	4:21