



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Fierenz, Alexander

Club: SV Glückauf Sondershausen
 Number: 139

Course: 3.30 km
 1 Runde 3,3 km

Category:
 männliche Jugend U18 (16 und 17 Jahre)

Total time: 11:13

Speed: 16.05 km/h
 Running performance: 3:24 min/km

Rank in course/Total: 4 (of 95)

Rank in course/Men: 4 (of 54)

Best time in course: 10:59

Rank in category: 1(of 6)

Best time in the category: 11:13

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.
Rundenzeit	3.25	fehlt!	-	-	-	-	-	3.25	-	-	-	-	-	-	-
Finish	3.30	11:13	3:23	1	-	4	0:14	3.30	11:13	3:23	1	-	4	0:14	