



# 9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

## Detailed evaluation

**Pfrogner, Michael**

Club: Frohe Zukunft Nordhausen e.V.  
Number: 171

Course: 3.30 km  
1 Runde 3,3 km

Category:  
männliche Jugend U18 (16 und 17 Jahre)

Total time: 14:52

Speed: 13.32 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 29 (of 95)

Rank in course/Men: 26 (of 54)

Best time in course: 10:59

Rank in category: 4(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.	Cat.	Men	Men
Rundenzeit	3.25	fehlt!	-	-	-	-	-	3.25	-	-	-	-	-	-
Finish	3.30	14:52	4:30	4	3:39	26	3:53	3.30	14:52	4:30	4	3:39	26	3:53