



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: 12.11 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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