



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Bengs, Sarah

Total time: 23:47

Number: 183

Speed: 7.57 km/h

Running performance: 7:13 min/km

Course: 3.30 km

Rank in course/Total: 94 (of 95)

1 Runde 3,3 km

Rank in course/Women: 40 (of 41)

Best time in course: 13:58

Category:

Rank in category: 9(of 9)

weibliche Jugend U14 (12 und 13 Jahre)

Best time in the category: 15:18

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	23:47	7:12	9	8:29	40	9:49	3.30	23:47	7:12	9	8:29	40	9:49