



9. Nordhäuser Citylauf  
 Nordhausen / 15.09.2013

Detailed evaluation

Lämmer, Christian

Number: 196

Course: 3.30 km

1 Runde 3,3 km

Category:

männliche Jugend U16 (14 und 15 Jahre)

Total time: 16:34

Speed: 10.87 km/h

Running performance: 5:01 min/km

Rank in course/Total: 47 (of 95)

Rank in course/Men: 38 (of 54)

Best time in course: 10:59

Rank in category: 9(of 9)

Best time in the category: 11:18

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	16:34	5:01	9	5:16	38	5:35	3.30	16:34	5:01	9	5:16	38	5:35