



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Kristova, Alexandra

Club: Nordhausen
Number: 106

Course: 3.30 km
1 Runde 3,3 km

Category:
Seniorinnen W35

Total time: 15:06

Speed: 11.92 km/h
Running performance: 4:35 min/km

Rank in course/Total: 32 (of 95)
Rank in course/Women: 4 (of 41)
Best time in course: 13:58

Rank in category: 1(of 3)
Best time in the category: 15:06

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	15:06	4:34	1	-	4	1:08	3.30	15:06	4:34	1	-	4	1:08