



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Mrowka, Kerstin

Club: Frohe Zukunft Nordhausen e.V.
 Number: 168

Course: 3.30 km
 1 Runde 3,3 km

Category:
 weibliche Jugend U20 (18 und 19 Jahre)

Total time: 18:02

Speed: 9.98 km/h
 Running performance: 5:28 min/km

Rank in course/Total: 63 (of 95)
 Rank in course/Women: 19 (of 41)
 Best time in course: 13:58

Rank in category: 1(of 1)
 Best time in the category: 18:02

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	18:02	5:27	1	-	19	4:04	3.30	18:02	5:27	1	-	19	4:04