



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Knuhr, Annika

Club: MTV Niedersachswerfen e.V.
 Number: 113

Course: 3.30 km
 1 Runde 3,3 km

Category:
 weibliche Jugend U16 (14 und 15 Jahre)

Total time: 19:41
 Speed: 9.14 km/h
 Running performance: 5:58 min/km
 Rank in course/Total: 78 (of 95)
 Rank in course/Women: 30 (of 41)
 Best time in course: 13:58
 Rank in category: 4(of 7)
 Best time in the category: 13:58

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	19:41	5:57	4	5:43	30	5:43	3.30	19:41	5:57	4	5:43	30	5:43