



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Truch, Thomas

Club: Nordhausen

Number: 101

Course: 3.30 km

1 Runde 3,3 km

Category:

Senioren M40

Total time: 17:42

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 61 (of 95)

Rank in course/Men: 44 (of 54)

Best time in course: 10:59

Rank in category: 2(of 2)

Best time in the category: 11:03

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	3.25	fehlt!	-	-	-	-	-	3.25	-	-	-	-	-	-
Finish	3.30	17:42	5:21	2	6:39	44	6:43	3.30	17:42	5:21	2	6:39	44	6:43