



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Seidel, Stefan

Club: Jugendsozialwerk Nordhausen e.V.
Number: 127

Course: 3.30 km
1 Runde 3,3 km

Category:
männliche Jugend U18 (16 und 17 Jahre)

Total time: 16:08

Speed: 12.27 km/h
Running performance: 4:53 min/km

Rank in course/Total: 43 (of 95)

Rank in course/Men: 33 (of 54)

Best time in course: 10:59

Rank in category: 5(of 6)

Best time in the category: 11:13

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	16:08	4:53	5	4:55	33	5:09	3.30	16:08	4:53	5	4:55	33	5:09