



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Chbabi, Laurent

Club: Jugendsozialwerk Nordhausen e.V.
Number: 126

Course: 3.30 km
1 Runde 3,3 km

Category:
männliche Jugend U16 (14 und 15 Jahre)

Total time: 16:06

Speed: 11.18 km/h
Running performance: 4:53 min/km

Rank in course/Total: 41 (of 95)

Rank in course/Men: 32 (of 54)

Best time in course: 10:59

Rank in category: 8(of 9)

Best time in the category: 11:18

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	16:06	4:52	8	4:48	32	5:07	3.30	16:06	4:52	8	4:48	32	5:07