



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Johns, Sean David

Club: Jugendsozialwerk Nordhausen e.V.
 Number: 128

Course: 3.30 km
 1 Runde 3,3 km

Category:
 männliche Jugend U18 (16 und 17 Jahre)

Total time: 14:24

Speed: 12.50 km/h
 Running performance: 4:22 min/km

Rank in course/Total: 22 (of 95)

Rank in course/Men: 21 (of 54)

Best time in course: 10:59

Rank in category: 3(of 6)

Best time in the category: 11:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.25	fehlt!	-	-	-	-	-	3.25	-	-	-	-	-	-
Finish	3.30	14:24	4:21	3	3:11	21	3:25	3.30	14:24	4:21	3	3:11	21	3:25