



9. Nordhäuser Citylauf  
 Nordhausen / 15.09.2013

Detailed evaluation

Wüstenman, Monika

Club: SV Herrmannsacker  
 Number: 148

Course: 3.30 km  
 1 Runde 3,3 km

Category:  
 Seniorinnen W55

Total time: 19:24

Speed: 9.28 km/h  
 Running performance: 5:53 min/km

Rank in course/Total: 74 (of 95)

Rank in course/Women: 27 (of 41)

Best time in course: 13:58

Rank in category: 2(of 2)

Best time in the category: 19:19

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	19:24	5:52	2	0:05	27	5:26	3.30	19:24	5:52	2	0:05	27	5:26