



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Chour, Uwe

Club: Grundschule Niedersalza  
Number: 103

Course: 3.30 km  
1 Runde 3,3 km

Category:  
Senioren M55

Total time: 15:15

Speed: 11.80 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 33 (of 95)

Rank in course/Men: 29 (of 54)

Best time in course: 10:59

Rank in category: 2(of 3)

Best time in the category: 12:41

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	15:15	4:37	2	2:34	29	4:16	3.30	15:15	4:37	2	2:34	29	4:16