



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Fierenz, Gerald

Club: SV Glückauf Sondershausen
Number: 140

Course: 3.30 km
1 Runde 3,3 km

Category:
Senioren M45

Total time: 14:01

Speed: 14.13 km/h
Running performance: 4:15 min/km

Rank in course/Total: 20 (of 95)

Rank in course/Men: 19 (of 54)

Best time in course: 10:59

Rank in category: 1(of 3)

Best time in the category: 14:01

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	14:01	4:14	1	-	19	3:02	3.30	14:01	4:14	1	-	19	3:02