



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Kiel, Silke

Club: MTV Niedersachswerfen e.V.
 Number: 110

Course: 3.30 km
 1 Runde 3,3 km

Category:
 Seniorinnen W40

Total time: 18:04

Speed: 9.96 km/h
 Running performance: 5:28 min/km

Rank in course/Total: 64 (of 95)
 Rank in course/Women: 20 (of 41)
 Best time in course: 13:58

Rank in category: 2(of 2)
 Best time in the category: 17:16

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	18:04	5:28	2	0:48	20	4:06	3.30	18:04	5:28	2	0:48	20	4:06