



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Helbing, Lilly-Marleen

Total time: 23:02

Number: 182

Speed: 7.81 km/h

Running performance: 6:59 min/km

Course: 3.30 km

Rank in course/Total: 91 (of 95)

1 Runde 3,3 km

Rank in course/Women: 38 (of 41)

Best time in course: 13:58

Category:

Rank in category: 6(of 6)

weibliche Kinder U12 (10 und 11 Jahre)

Best time in the category: 14:47

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	23:02	6:58	6	8:15	38	9:04	3.30	23:02	6:58	6	8:15	38	9:04