



9. Nordhäuser Citylauf  
 Nordhausen / 15.09.2013

Detailed evaluation

Knopf, Stephan

Number: 244

Course: 6.60 km  
 2 Runden 6,6 km

Category:  
 Senioren M30

Total time: 21:23

Speed: 18.52 km/h  
 Running performance: 3:14 min/km

Rank in course/Total: 2 (of 44)

Rank in course/Men: 2 (of 36)

Best time in course: 21:12

Rank in category: 1(of 3)

Best time in the category: 21:23

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	3.30	10:39	3:13	1	-	1	-	3.30	10:39	3:13	1	-	31		
Finish	3.30	10:44	3:15	1	-	2	0:26	6.60	21:23	3:14	1	-	2	0:11	