



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: 16.84 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	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	3.30	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