



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Zollner, Norman

Number: 241

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M40

Total time: 23:19

Speed: 15.44 km/h

Running performance: 3:32 min/km

Rank in course/Total: 3 (of 44)

Rank in course/Men: 3 (of 36)

Best time in course: 21:12

Rank in category: 1(of 4)

Best time in the category: 23:19

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	11:27	3:28	1	-	3	0:48	3.30	11:27	3:28	1	-	30	
Finish	3.30	11:52	3:35	1	-	3	1:34	6.60	23:19	3:31	1	-	3	2:07