



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Biedermann, Thomas

Club: HSG Nordhausen
 Number: 242

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Senioren M45

Total time: 24:58

Speed: 15.86 km/h
 Running performance: 3:47 min/km

Rank in course/Total: 4 (of 44)

Rank in course/Men: 4 (of 36)

Best time in course: 21:12

Rank in category: 1(of 3)

Best time in the category: 24:58

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	12:26	3:46	1	-	4	1:47	3.30	12:26	3:46	1	-	29		
Finish	3.30	12:32	3:47	1	-	5	2:14	6.60	24:58	3:46	1	-	4	3:46	