



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Kassner, Uwe

Number: 231

Course: 6.60 km  
2 Runden 6,6 km

Category:  
Senioren M55

Total time: 24:58

Speed: 14.42 km/h

Running performance: 3:47 min/km

Rank in course/Total: 5 (of 44)

Rank in course/Men: 4 (of 36)

Best time in course: 21:12

Rank in category: 1(of 2)

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	12:28	3:46	1	-	5	1:49	3.30	12:28	3:46	1	-	28		
Finish	3.30	12:30	3:47	1	-	4	2:12	6.60	24:58	3:46	1	-	4	3:46	