



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Roßberg, Benedikt

Number: 234

Course: 6.60 km
 2 Runden 6,6 km

Category:
 männliche Jugend U20 (18 und 19 Jahre)

Total time: 56:11

Speed: 6.41 km/h
 Running performance: 8:31 min/km

Rank in course/Total: 42 (of 44)

Rank in course/Men: 34 (of 36)

Best time in course: 21:12

Rank in category: 1(of 1)

Best time in the category: 56:11

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	26:53	8:08	1	-	31	16:14	3.30	26:53	8:08	1	-	27	10:44
Finish	3.30	29:18	8:52	1	-	31	19:00	6.60	56:11	8:30	1	-	34	34:59