



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Fierenz, Adrian

Club: SV Glückauf Sondershausen
Number: 213

Course: 6.60 km
2 Runden 6,6 km

Category:
männliche Jugend U18 (16 und 17 Jahre)

Total time: 25:59

Speed: 13.86 km/h
Running performance: 3:56 min/km

Rank in course/Total: 6 (of 44)

Rank in course/Men: 6 (of 36)

Best time in course: 21:12

Rank in category: 2(of 5)

Best time in the category: 21:12

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	12:33	3:48	2	1:39	6	1:54	3.30	12:33	3:48	2	1:39	26	
Finish	3.30	13:26	4:04	2	3:08	8	3:08	6.60	25:59	3:56	2	4:47	6	4:47