



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Beye, Steffen

Number: 246

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M50

Total time: 26:12

Speed: 15.11 km/h

Running performance: 3:58 min/km

Rank in course/Total: 7 (of 44)

Rank in course/Men: 7 (of 36)

Best time in course: 21:12

Rank in category: 1(of 4)

Best time in the category: 26:12

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	12:56	3:55	1	-	7	2:17	3.30	12:56	3:55	1	-	25	
Finish	3.30	13:16	4:01	1	-	6	2:58	6.60	26:12	3:58	1	-	7	5:00