



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Nestroy, Christian

Club: SV Glückauf Bleicherode
Number: 210

Course: 6.60 km
2 Runden 6,6 km

Category:
männliche Jugend U18 (16 und 17 Jahre)

Total time: 27:59

Speed: 12.86 km/h
Running performance: 4:14 min/km

Rank in course/Total: 12 (of 44)

Rank in course/Men: 12 (of 36)

Best time in course: 21:12

Rank in category: 3(of 5)

Best time in the category: 21:12

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	13:38	4:07	3	2:44	10	2:59	3.30	13:38	4:07	3	2:44	21		
Finish	3.30	14:21	4:20	3	4:03	13	4:03	6.60	27:59	4:14	3	6:47	12	6:47	