



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: 14.15 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	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	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