



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Kindervater, Lars

Club: FSV Schernberg
Number: 301

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 38:26

Speed: 14.05 km/h
Running performance: 3:53 min/km

Rank in course/Total: 10 (of 78)

Rank in course/Men: 10 (of 68)

Best time in course: 31:53

Rank in category: 3(of 11)

Best time in the category: 35:40

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	12:45	3:51	4	1:14	11	1:52	3.30	12:45	3:51	1	-	42	
Rundenzeit	3.30	12:57	3:55	2	0:58	8	2:35	6.60	25:42	3:53	1	-	42	
Finish	3.30	12:44	3:51	2	0:34	5	2:06	9.90	38:26	3:52	3	2:46	10	6:33