



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Köppen, Klaus

Number: 225

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Senioren M50

Total time: 30:17

Speed: 13.08 km/h
 Running performance: 4:35 min/km

Rank in course/Total: 13 (of 44)

Rank in course/Men: 13 (of 36)

Best time in course: 21:12

Rank in category: 3(of 4)

Best time in the category: 26:12

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	fehlt!	-	-	-	-	-	3.30	-	-	-	-	-	-
Finish	3.30	30:17	9:10	4	17:01	32	19:59	6.60	30:17	4:35	3	4:05	13	9:05