



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Kurch, Jörg

Club: VfL 28 Ellrich

Number: 315

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M50

Total time: 39:57

Speed: 13.52 km/h

Running performance: 4:02 min/km

Rank in course/Total: 18 (of 78)

Rank in course/Men: 18 (of 68)

Best time in course: 31:53

Rank in category: 1(of 6)

Best time in the category: 39:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	13:04	3:57	1	-	14	2:11	3.30	13:04	3:57	1	-	29	
Rundenzeit	3.30	13:25	4:03	1	-	15	3:03	6.60	26:29	4:00	1	-	29	
Finish	3.30	13:28	4:04	1	-	14	2:50	9.90	39:57	4:02	1	-	18	8:04