



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Liebe, Gert

Number: 229

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M65

Total time: 35:01

Speed: 10.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 31 (of 44)

Rank in course/Men: 29 (of 36)

Best time in course: 21:12

Rank in category: 1(of 2)

Best time in the category: 35:01

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	17:17	5:14	1	-	28	6:38	3.30	17:17	5:14	1	-	19	1:08
Finish	3.30	17:44	5:22	1	-	26	7:26	6.60	35:01	5:18	1	-	29	13:49