



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Kouschil, Thomas

Club: Klemme AG Nordhausen
Number: 300

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 38:39

Speed: 15.37 km/h
Running performance: 3:54 min/km

Rank in course/Total: 12 (of 78)

Rank in course/Men: 12 (of 68)

Best time in course: 31:53

Rank in category: 4(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	12:32	3:47	2	1:01	8	1:39	3.30	12:32	3:47	2			30
Rundenzeit	3.30	13:00	3:56	3	1:01	10	2:38	6.60	25:32	3:52	2			30
Finish	3.30	13:07	3:58	3	0:57	10	2:29	9.90	38:39	3:54	4	2:59	12	6:46