



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Knoll, MARTIN

Number: 370

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 37:10

Speed: 14.53 km/h
Running performance: 3:45 min/km

Rank in course/Total: 4 (of 78)

Rank in course/Men: 4 (of 68)

Best time in course: 31:53

Rank in category: 2(of 16)

Best time in the category: 31:53

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	12:04	3:39	3	1:11	5	1:11	3.30	12:04	3:39	1	-	31	
Rundenzeit	3.30	12:31	3:47	2	2:09	4	2:09	6.60	24:35	3:43	1	-	31	
Finish	3.30	12:35	3:48	2	1:57	4	1:57	9.90	37:10	3:45	2	5:17	4	5:17