



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Erny, Thomas

Club: Academy of Life e.V.

Number: 375

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: **41:51**

Speed: 12.90 km/h

Running performance: 4:14 min/km

Rank in course/Total: 29 (of 78)

Rank in course/Men: 28 (of 68)

Best time in course: 31:53

Rank in category: 8(of 10)

Best time in the category: 38:15

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	14:10	4:17	7	1:39	31	3:17	3.30	14:10	4:17	1	-	32	
Rundenzeit	3.30	14:03	4:15	6	1:21	21	3:41	6.60	28:13	4:16	1	-	32	
Finish	3.30	13:38	4:07	6	0:47	18	3:00	9.90	41:51	4:13	8	3:36	28	9:58