



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Kilias, Volker

Club: Hannover 96
Number: 331

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M50

Total time: 41:56

Speed: 14.17 km/h
Running performance: 4:14 min/km

Rank in course/Total: 30 (of 78)

Rank in course/Men: 29 (of 68)

Best time in course: 31:53

Rank in category: 3(of 6)

Best time in the category: 39:57

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	13:34	4:06	3	0:30	26	2:41	3.30	13:34	4:06	2	0:30	34	
Rundenzeit	3.30	14:09	4:17	3	0:44	23	3:47	6.60	27:43	4:11	2	1:14	34	
Finish	3.30	14:13	4:18	3	0:45	24	3:35	9.90	41:56	4:14	3	1:59	29	10:03