



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Lütkendorf, Falk

Number: 366

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M50

Total time: 41:04

Speed: 13.15 km/h

Running performance: 4:09 min/km

Rank in course/Total: 22 (of 78)

Rank in course/Men: 22 (of 68)

Best time in course: 31:53

Rank in category: 2(of 6)

Best time in the category: 39:57

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 | 13:27 | 4:04 | 2 | 0:23 | 24 | 2:34 | 3.30 | 13:27 | 4:04 | 3 | 0:23 | 35 | | |
| Rundenzeit | 3.30 | 13:44 | 4:09 | 2 | 0:19 | 19 | 3:22 | 6.60 | 27:11 | 4:07 | 3 | 0:42 | 35 | | |
| Finish | 3.30 | 13:53 | 4:12 | 2 | 0:25 | 20 | 3:15 | 9.90 | 41:04 | 4:08 | 2 | 1:07 | 22 | 9:11 | |