



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	