



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Gerlach, Sven

Number: 356

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 41:21

Speed: 13.06 km/h
Running performance: 4:11 min/km

Rank in course/Total: 25 (of 78)

Rank in course/Men: 25 (of 68)

Best time in course: 31:53

Rank in category: 7(of 10)

Best time in the category: 38:15

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	13:11	3:59	5	0:40	17	2:18	3.30	13:11	3:59	2			37	
Rundenzeit	3.30	14:06	4:16	7	1:24	22	3:44	6.60	27:17	4:08	2			37	
Finish	3.30	14:04	4:15	7	1:13	23	3:26	9.90	41:21	4:10	7	3:06		25	9:28