



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Müller, Michael

Number: 368

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 32:12

Speed: 16.77 km/h

Running performance: 3:15 min/km

Rank in course/Total: 2 (of 78)

Rank in course/Men: 2 (of 68)

Best time in course: 31:53

Rank in category: 1(of 7)

Best time in the category: 32:12

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	10:54	3:18	1	-	2	0:01	3.30	10:54	3:18	1	-	39	
Rundenzeit	3.30	10:38	3:13	1	-	2	0:16	6.60	21:32	3:15	1	-	39	
Finish	3.30	10:40	3:13	1	-	2	0:02	9.90	32:12	3:15	1	-	2	0:19