



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Gloger, Andreas

Number: 379

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 39:14

Speed: 13.76 km/h

Running performance: 3:58 min/km

Rank in course/Total: 15 (of 78)

Rank in course/Men: 15 (of 68)

Best time in course: 31:53

Rank in category: 3(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	13:04	3:57	4	0:33	14	2:11	3.30	13:04	3:57	3			29	
Rundenzeit	3.30	12:58	3:55	2	0:16	9	2:36	6.60	26:02	3:56	3			40	
Finish	3.30	13:12	4:00	3	0:21	11	2:34	9.90	39:14	3:57	3	0:59		15	7:21