



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Knape, Karsten

Club: VG Nordhausen Salza

Number: 321

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 42:54

Speed: 12.59 km/h

Running performance: 4:20 min/km

Rank in course/Total: 33 (of 78)

Rank in course/Men: 31 (of 68)

Best time in course: 31:53

Rank in category: 2(of 7)

Best time in the category: 32:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	13:51	4:11	2	2:57	27	2:58	3.30	13:51	4:11	2	2:57	28		
Rundenzeit	3.30	14:20	4:20	2	3:42	26	3:58	6.60	28:11	4:16	2	6:39	28		
Finish	3.30	14:43	4:27	3	4:03	29	4:05	9.90	42:54	4:19	2	10:42	31	11:01	