



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. | Pos Men | Behind Men | Total km | Total Time | Total 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 |