



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Schramm, Caroline

Club: Ilfeld
Number: 206

Course: 6.60 km
2 Runden 6,6 km

Category:
Frauen

Total time: 35:42

Speed: 10.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 34 (of 44)

Rank in course/Women: 4 (of 8)

Best time in course: 34:20

Rank in category: 1(of 1)

Best time in the category: 35:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	18:02	5:27	1	-	3	1:25	3.30	18:02	5:27	1	-	1	-
Finish	3.30	17:40	5:21	1	-	1	-	6.60	35:42	5:24	1	-	4	1:22