



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: 11.09 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	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