



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Hentrich, Michael

Club: Team Hagentor
Number: 203

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M40

Total time: 30:58

Speed: 12.79 km/h
Running performance: 4:41 min/km

Rank in course/Total: 18 (of 44)

Rank in course/Men: 18 (of 36)

Best time in course: 21:12

Rank in category: 3(of 4)

Best time in the category: 23:19

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	3.30	15:23	4:39	4	3:56	16	4:44	3.30	15:23	4:39	2	3:56	18	
Finish	3.30	15:35	4:43	3	3:43	16	5:17	6.60	30:58	4:41	3	7:39	18	9:46