



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Holzhausen, Hartmut

Number: 233

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M60

Total time: 34:18

Speed: 10.50 km/h
Running performance: 5:12 min/km

Rank in course/Total: 28 (of 44)

Rank in course/Men: 28 (of 36)

Best time in course: 21:12

Rank in category: 3(of 3)

Best time in the category: 31:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	16:09	4:53	3	0:39	23	5:30	3.30	16:09	4:53	1	-	1	-
Finish	3.30	18:09	5:30	3	2:28	27	7:51	6.60	34:18	5:11	3	3:07	28	13:06