



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	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	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