



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Bomberg, Dirk

Club: Impuls Erfurt

Number: 334

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M55

Total time: 41:30

Speed: 13.01 km/h

Running performance: 4:11 min/km

Rank in course/Total: 26 (of 78)

Rank in course/Men: 26 (of 68)

Best time in course: 31:53

Rank in category: 2(of 5)

Best time in the category: 39:36

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	13:56	4:13	2	1:01	29	3:03	3.30	13:56	4:13	1	-	43	
Rundenzeit	3.30	13:42	4:09	2	0:30	18	3:20	6.60	27:38	4:11	1	-	43	
Finish	3.30	13:52	4:12	2	0:23	19	3:14	9.90	41:30	4:11	2	1:54	26	9:37