



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Morgenstern, Dennis

Club: SV Nordhausen 90 e.V.
Number: 310

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 37:54

Speed: 14.25 km/h
Running performance: 3:50 min/km

Rank in course/Total: 6 (of 78)

Rank in course/Men: 6 (of 68)

Best time in course: 31:53

Rank in category: 4(of 16)

Best time in the category: 31:53

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	12:15	3:42	4	1:22	6	1:22	3.30	12:15	3:42	4	0:11	44		
Rundenzeit	3.30	12:44	3:51	4	2:22	7	2:22	6.60	24:59	3:47	4	0:24	44		
Finish	3.30	12:55	3:54	4	2:17	8	2:17	9.90	37:54	3:49	4	6:01	6	6:01	