



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Eichentopf, Torsten

Number: 329

Course: 9.90 km  
3 Runden 9,9 km

Category:  
Senioren M45

Total time: 40:05

Speed: 13.47 km/h  
Running performance: 4:03 min/km

Rank in course/Total: 19 (of 78)

Rank in course/Men: 19 (of 68)

Best time in course: 31:53

Rank in category: 4(of 10)

Best time in the category: 38:15

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	12:59	3:56	3	0:28	13	2:06	3.30	12:59	3:56	4			45	
Rundenzeit	3.30	13:32	4:06	4	0:50	16	3:10	6.60	26:31	4:01	4			45	
Finish	3.30	13:34	4:06	5	0:43	17	2:56	9.90	40:05	4:02	4	1:50		19	8:12