



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Krist, Josef

Club: Nordhausen

Number: 306

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 43:26

Speed: 12.43 km/h

Running performance: 4:23 min/km

Rank in course/Total: 34 (of 78)

Rank in course/Men: 32 (of 68)

Best time in course: 31:53

Rank in category: 7(of 11)

Best time in the category: 35:40

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	6	2:25	29	3:03	3.30	13:56	4:13	4	1:11	43		
Rundenzeit	3.30	14:21	4:20	6	2:22	27	3:59	6.60	28:17	4:17	4	2:35	46		
Finish	3.30	15:09	4:35	7	2:59	31	4:31	9.90	43:26	4:23	7	7:46	32	11:33	