



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Pelzel, Mario

Number: 377

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 38:15

Speed: 14.12 km/h

Running performance: 3:52 min/km

Rank in course/Total: 8 (of 78)

Rank in course/Men: 8 (of 68)

Best time in course: 31:53

Rank in category: 1(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	12:31	3:47	1	-	7	1:38	3.30	12:31	3:47	5	-	48	-
Rundenzeit	3.30	12:42	3:50	1	-	6	2:20	6.60	25:13	3:49	5	-	48	-
Finish	3.30	13:02	3:56	2	0:11	9	2:24	9.90	38:15	3:51	1	-	8	6:22