



9. Nordhäuser Citylauf  
 Nordhausen / 15.09.2013

Detailed evaluation

Heschkatat, Sven

Number: 236

Course: 6.60 km  
 2 Runden 6,6 km

Category:  
 Senioren M30

Total time: 56:57

Speed: 6.32 km/h  
 Running performance: 8:38 min/km

Rank in course/Total: 44 (of 44)

Rank in course/Men: 36 (of 36)

Best time in course: 21:12

Rank in category: 3(of 3)

Best time in the category: 21:23

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	fehlt!	-	-	-	-	-	3.30	-	-	-	-	-	-
Finish	3.30	56:57	17:15	3	46:13	36	46:39	6.60	56:57	8:37	3	35:34	36	35:45