



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Ableidinger, Sabina

Club: Team Q

Number: 214

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W45

Total time: 40:34

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 40 (of 44)

Rank in course/Women: 8 (of 8)

Best time in course: 34:20

Rank in category: 4(of 4)

Best time in the category: 34:48

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Rundenzeit	3.30	20:18	6:09	3	3:41	6	3:41	3.30	20:18	6:09	1	-	3	2:16
Finish	3.30	20:16	6:08	3	2:05	6	2:36	6.60	40:34	6:08	4	5:46	8	6:14