



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Plewe, Alexander

Number: 346

Course: 9.90 km
3 Runden 9,9 km

Category:
männliche Jugend U18 (16 und 17 Jahre)

Total time: 44:23

Speed: 13.38 km/h

Running performance: 4:29 min/km

Rank in course/Total: 42 (of 78)

Rank in course/Men: 40 (of 68)

Best time in course: 31:53

Rank in category: 1(of 2)

Best time in the category: 44:23

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	13:12	4:00	1	-	18	2:19	3.30	13:12	4:00	1	-	50	
Rundenzeit	3.30	15:07	4:34	1	-	32	4:45	6.60	28:19	4:17	1	-	50	
Finish	3.30	16:04	4:52	1	-	39	5:26	9.90	44:23	4:28	1	-	40	12:30