



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Heintze, Kai

Club: Hainichläufer
Number: 322

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 40:23

Speed: 13.37 km/h
Running performance: 4:05 min/km

Rank in course/Total: 21 (of 78)

Rank in course/Men: 21 (of 68)

Best time in course: 31:53

Rank in category: 6(of 10)

Best time in the category: 38:15

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	3.30	13:14	4:00	6	0:43	19	2:21	3.30	13:14	4:00	6			51
Rundenzeit	3.30	13:36	4:07	5	0:54	17	3:14	6.60	26:50	4:03	6			51
Finish	3.30	13:33	4:06	4	0:42	16	2:55	9.90	40:23	4:04	6	2:08	21	8:30