



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Ausmeier, Denny

Number: 239

Course: 6.60 km  
2 Runden 6,6 km

Category:  
Senioren M35

Total time: 35:31

Speed: 10.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 33 (of 44)

Rank in course/Men: 30 (of 36)

Best time in course: 21:12

Rank in category: 5(of 5)

Best time in the category: 26:36

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	17:09	5:11	4	3:52	27	6:30	3.30	17:09	5:11	3	3:52	15	1:00
Finish	3.30	18:22	5:33	4	5:03	28	8:04	6.60	35:31	5:22	5	8:55	30	14:19