



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Heise, Rüdiger

Club: Sondershausen

Number: 209

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M60

Total time: 31:29

Speed: 11.43 km/h

Running performance: 4:46 min/km

Rank in course/Total: 23 (of 44)

Rank in course/Men: 23 (of 36)

Best time in course: 21:12

Rank in category: 2(of 3)

Best time in the category: 31:11

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	15:35	4:43	2	0:05	20	4:56	3.30	15:35	4:43	2		14	
Finish	3.30	15:54	4:49	2	0:13	19	5:36	6.60	31:29	4:46	2	0:18	23	10:17