



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Gatzke, Michael

Number: 228

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Senioren M40

Total time: 30:31

Speed: 11.80 km/h
 Running performance: 4:37 min/km

Rank in course/Total: 14 (of 44)

Rank in course/Men: 14 (of 36)

Best time in course: 21:12

Rank in category: 2(of 4)

Best time in the category: 23:19

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	15:15	4:37	3	3:48	15	4:36	3.30	15:15	4:37	3	3:48	13		
Finish	3.30	15:16	4:37	2	3:24	14	4:58	6.60	30:31	4:37	2	7:12	14	9:19	