



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Kopf, Bernd

Club: FF Wülfingerode
Number: 218

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M60

Total time: 31:11

Speed: 11.54 km/h
Running performance: 4:43 min/km

Rank in course/Total: 21 (of 44)

Rank in course/Men: 21 (of 36)

Best time in course: 21:12

Rank in category: 1(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	15:30	4:41	1	-	19	4:51	3.30	15:30	4:41	3		12	
Finish	3.30	15:41	4:45	1	-	18	5:23	6.60	31:11	4:43	1	-	21	9:59