



# 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   |