



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Lange, Uwe

Club: Plasma Service Europe GmbH
Number: 221

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M50

Total time: 33:53

Speed: 10.62 km/h
Running performance: 5:08 min/km

Rank in course/Total: 27 (of 44)

Rank in course/Men: 27 (of 36)

Best time in course: 21:12

Rank in category: 4(of 4)

Best time in the category: 26:12

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	16:41	5:03	3	3:45	25	6:02	3.30	16:41	5:03	3	3:45	10	0:32
Finish	3.30	17:12	5:12	3	3:56	25	6:54	6.60	33:53	5:08	4	7:41	27	12:41