



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Ableidinger, Michael

Club: Team Q
Number: 215

Course: 6.60 km
2 Runden 6,6 km

Category:
Männer

Total time: 32:13

Speed: 11.17 km/h
Running performance: 4:53 min/km

Rank in course/Total: 25 (of 44)

Rank in course/Men: 25 (of 36)

Best time in course: 21:12

Rank in category: 2(of 3)

Best time in the category: 27:22

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	15:40	4:44	2	1:44	21	5:01	3.30	15:40	4:44	3	1:44	8		
Finish	3.30	16:33	5:00	2	3:07	24	6:15	6.60	32:13	4:52	2	4:51	25	11:01	