



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Hasenstein, Mario

Number: 378

Course: 9.90 km  
3 Runden 9,9 km

Category:  
Senioren M45

Total time: 38:29

Speed: 14.03 km/h

Running performance: 3:53 min/km

Rank in course/Total: 11 (of 78)

Rank in course/Men: 11 (of 68)

Best time in course: 31:53

Rank in category: 2(of 10)

Best time in the category: 38:15

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	12:36	3:49	2	0:05	10	1:43	3.30	12:36	3:49	7			53	
Rundenzeit	3.30	13:02	3:56	3	0:20	11	2:40	6.60	25:38	3:53	7			53	
Finish	3.30	12:51	3:53	1	-	7	2:13	9.90	38:29	3:53	2	0:14		11	6:36