



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Arndt, Marcus

Number: 352

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M35

Total time: 41:17

Speed: 13.08 km/h
Running performance: 4:10 min/km

Rank in course/Total: 24 (of 78)

Rank in course/Men: 24 (of 68)

Best time in course: 31:53

Rank in category: 3(of 6)

Best time in the category: 38:09

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	13:15	4:00	1	-	20	2:22	3.30	13:15	4:00	2			54
Rundenzeit	3.30	14:01	4:14	2	0:41	20	3:39	6.60	27:16	4:07	2	0:38		54
Finish	3.30	14:01	4:14	2	0:47	22	3:23	9.90	41:17	4:10	3	3:08	24	9:24