



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Wehling, Michael

Club: Göttingen
Number: 312

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 47:13

Speed: 11.44 km/h
Running performance: 4:46 min/km

Rank in course/Total: 54 (of 78)

Rank in course/Men: 50 (of 68)

Best time in course: 31:53

Rank in category: 5(of 7)

Best time in the category: 32:12

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	15:16	4:37	5	4:22	42	4:23	3.30	15:16	4:37	4	4:22	15	
Rundenzeit	3.30	16:15	4:55	5	5:37	40	5:53	6.60	31:31	4:46	4	9:59	15	
Finish	3.30	15:42	4:45	4	5:02	36	5:04	9.90	47:13	4:46	5	15:01	50	15:20