



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Schaper, Lars

Club: Göttingen

Number: 313

Course: 9.90 km

3 Runden 9,9 km

Category:

Männer

Total time: 47:26

Speed: 11.38 km/h

Running performance: 4:47 min/km

Rank in course/Total: 55 (of 78)

Rank in course/Men: 51 (of 68)

Best time in course: 31:53

Rank in category: 12(of 16)

Best time in the category: 31:53

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 | 15:12 | 4:36 | 10 | 4:19 | 41 | 4:19 | 3.30 | 15:12 | 4:36 | 7 | 3:08 | 2 | | |
| Rundenzeit | 3.30 | 16:17 | 4:56 | 9 | 5:55 | 41 | 5:55 | 6.60 | 31:29 | 4:46 | 7 | 6:54 | 2 | | |
| Finish | 3.30 | 15:57 | 4:49 | 9 | 5:19 | 38 | 5:19 | 9.90 | 47:26 | 4:47 | 12 | 15:33 | 51 | 15:33 | |