



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Mettler, Jonas

Club: Nordhäuser Sportverein
Number: 212

Course: 6.60 km
2 Runden 6,6 km

Category:
männliche Jugend U18 (16 und 17 Jahre)

Total time: 30:48

Speed: 11.69 km/h
Running performance: 4:40 min/km

Rank in course/Total: 16 (of 44)

Rank in course/Men: 16 (of 36)

Best time in course: 21:12

Rank in category: 4(of 5)

Best time in the category: 21:12

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	14:53	4:30	4	3:59	13	4:14	3.30	14:53	4:30	5	3:59	7	
Finish	3.30	15:55	4:49	4	5:37	20	5:37	6.60	30:48	4:40	4	9:36	16	9:36