



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Hellmund, Thomas

Club: SV Kleinfurra
Number: 205

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M45

Total time: 30:48

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

Rank in course/Total: 17 (of 44)

Rank in course/Men: 16 (of 36)

Best time in course: 21:12

Rank in category: 3(of 3)

Best time in the category: 24:58

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	16:55	5:07	3	4:29	26	6:16	3.30	16:55	5:07	2	4:29	6	0:46
Finish	3.30	13:53	4:12	2	1:21	10	3:35	6.60	30:48	4:40	3	5:50	16	9:36