



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Hesse, Frederic

Club: Ellrich
Number: 359

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 44:10

Speed: 12.23 km/h
Running performance: 4:28 min/km

Rank in course/Total: 39 (of 78)

Rank in course/Men: 37 (of 68)

Best time in course: 31:53

Rank in category: 8(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	13:26	4:04	7	2:33	23	2:33	3.30	13:26	4:04	8	1:22	3		
Rundenzeit	3.30	15:16	4:37	7	4:54	35	4:54	6.60	28:42	4:20	8	4:07	3		
Finish	3.30	15:28	4:41	7	4:50	32	4:50	9.90	44:10	4:27	8	12:17	37	12:17	