



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Biedermann, Michael

Club: LAG WESERTAL

Number: 305

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 35:40

Speed: 15.14 km/h

Running performance: 3:36 min/km

Rank in course/Total: 3 (of 78)

Rank in course/Men: 3 (of 68)

Best time in course: 31:53

Rank in category: 1(of 11)

Best time in the category: 35:40

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	11:31	3:29	1	-	3	0:38	3.30	11:31	3:29	5	-	4	-
Rundenzeit	3.30	11:59	3:37	1	-	3	1:37	6.60	23:30	3:33	5	-	4	-
Finish	3.30	12:10	3:41	1	-	3	1:32	9.90	35:40	3:36	1	-	3	3:47