



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Oppenhäuser, Andreas

Club: Nordhausen
Number: 314

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M50

Total time: 46:07

Speed: 12.88 km/h
Running performance: 4:40 min/km

Rank in course/Total: 50 (of 78)

Rank in course/Men: 47 (of 68)

Best time in course: 31:53

Rank in category: 5(of 6)

Best time in the category: 39:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	14:51	4:30	4	1:47	37	3:58	3.30	14:51	4:30	4	1:47	5		
Rundenzeit	3.30	15:39	4:44	4	2:14	37	5:17	6.60	30:30	4:37	4	4:01	5		
Finish	3.30	15:37	4:43	4	2:09	34	4:59	9.90	46:07	4:39	5	6:10	47	14:14	