



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Ehrhold, Sascha

Club: Injoy med Nordhausen
Number: 320

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 45:28

Speed: 11.88 km/h
Running performance: 4:35 min/km

Rank in course/Total: 46 (of 78)

Rank in course/Men: 44 (of 68)

Best time in course: 31:53

Rank in category: 10(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	14:31	4:23	8	3:38	33	3:38	3.30	14:31	4:23	9	2:27	6		
Rundenzeit	3.30	15:57	4:49	8	5:35	38	5:35	6.60	30:28	4:36	9	5:53	6		
Finish	3.30	15:00	4:32	6	4:22	30	4:22	9.90	45:28	4:35	10	13:35	44	13:35	