



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Meißner, Dirk

Number: 361

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 44:21

Speed: 12.18 km/h

Running performance: 4:29 min/km

Rank in course/Total: 41 (of 78)

Rank in course/Men: 39 (of 68)

Best time in course: 31:53

Rank in category: 8(of 11)

Best time in the category: 35:40

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	15:04	4:33	8	3:33	39	4:11	3.30	15:04	4:33	6	2:19	7	
Rundenzeit	3.30	14:56	4:31	7	2:57	29	4:34	6.60	30:00	4:32	6	4:18	7	
Finish	3.30	14:21	4:20	5	2:11	26	3:43	9.90	44:21	4:28	8	8:41	39	12:28