



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Juch, Roy

Number: 364

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M35

Total time: 44:51

Speed: 12.04 km/h
Running performance: 4:32 min/km

Rank in course/Total: 45 (of 78)

Rank in course/Men: 43 (of 68)

Best time in course: 31:53

Rank in category: 4(of 6)

Best time in the category: 38:09

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	13:55	4:13	3	0:40	28	3:02	3.30	13:55	4:13	3	0:37	8		
Rundenzeit	3.30	15:05	4:34	3	1:45	31	4:43	6.60	29:00	4:23	3	2:22	8		
Finish	3.30	15:51	4:48	3	2:37	37	5:13	9.90	44:51	4:31	4	6:42	43	12:58	