



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Reinbold, Pascal

Club: Frohe Zukunft Nordhausen e.V.
Number: 343

Course: 9.90 km
3 Runden 9,9 km

Category:
männliche Jugend U20 (18 und 19 Jahre)

Total time: 44:18

Speed: 12.19 km/h
Running performance: 4:28 min/km

Rank in course/Total: 40 (of 78)

Rank in course/Men: 38 (of 68)

Best time in course: 31:53

Rank in category: 1(of 2)

Best time in the category: 44:18

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	2	0:24	39	4:11	3.30	15:04	4:33	1	-	7	
Rundenzeit	3.30	14:59	4:32	1	-	30	4:37	6.60	30:03	4:33	1	-	10	
Finish	3.30	14:15	4:19	1	-	25	3:37	9.90	44:18	4:28	1	-	38	12:25