



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Lützkendorf, Gabi

Number: 367

Course: 9.90 km
3 Runden 9,9 km

Category:
Seniorinnen W50

Total time: 49:02

Speed: 11.01 km/h

Running performance: 4:57 min/km

Rank in course/Total: 60 (of 78)

Rank in course/Women: 6 (of 10)

Best time in course: 41:37

Rank in category: 1(of 1)

Best time in the category: 49:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	15:51	4:48	1	-	6	2:26	3.30	15:51	4:48	1	-	5	1:43
Rundenzeit	3.30	16:28	4:59	1	-	6	2:17	6.60	32:19	4:53	1	-	5	3:57
Finish	3.30	16:43	5:03	1	-	5	2:42	9.90	49:02	4:57	1	-	6	7:25