



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Pries, Ole

Club: Bad Sachsa

Number: 316

Course: 9.90 km

3 Runden 9,9 km

Category:

Männer

Total time: 49:29

Speed: 10.91 km/h

Running performance: 5:00 min/km

Rank in course/Total: 61 (of 78)

Rank in course/Men: 55 (of 68)

Best time in course: 31:53

Rank in category: 13(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	14:41	4:26	9	3:48	35	3:48	3.30	14:41	4:26	10	2:37	11		
Rundenzeit	3.30	16:45	5:04	10	6:23	45	6:23	6.60	31:26	4:45	10	6:51	11		
Finish	3.30	18:03	5:28	11	7:25	50	7:25	9.90	49:29	4:59	13	17:36	55	17:36	