



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Urban, Heike

Club: VfL 28 Ellrich
Number: 217

Course: 6.60 km
2 Runden 6,6 km

Category:
Seniorinnen W45

Total time: 35:25

Speed: 10.16 km/h
Running performance: 5:22 min/km

Rank in course/Total: 32 (of 44)

Rank in course/Women: 3 (of 8)

Best time in course: 34:20

Rank in category: 2(of 4)

Best time in the category: 34:48

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.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Rundenzeit	3.30	17:06	5:10	2	0:29	2	0:29	3.30	17:06	5:10	2		3	1:05
Finish	3.30	18:19	5:33	2	0:08	4	0:39	6.60	35:25	5:21	2	0:37	3	1:05