



# 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: 11.18 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 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	17:06	5:10	2	0:29	2	0:29	3.30	17:06	5:10	2				5
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	