



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Martin, John

Club: SV Kyffhäuser Bad Frankenhausen

Number: 319

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 46:14

Speed: 11.68 km/h

Running performance: 4:40 min/km

Rank in course/Total: 51 (of 78)

Rank in course/Men: 48 (of 68)

Best time in course: 31:53

Rank in category: 4(of 7)

Best time in the category: 32:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	14:48	4:29	4	3:54	36	3:55	3.30	14:48	4:29	5	3:54	12		
Rundenzeit	3.30	15:19	4:38	4	4:41	36	4:57	6.60	30:07	4:33	5	8:35	12		
Finish	3.30	16:07	4:53	6	5:27	41	5:29	9.90	46:14	4:40	4	14:02	48	14:21	